

OCTOBER – A Healthy Halloween

October kicks off the holiday season and with Halloween comes more access to candy. Each fun-sized candy bar ranges from 60-100 calories and 8-11g sugar and 2-4g saturated fat. It is easy to add an extra 200 or more calories per day during the season, which can jumpstart holiday weight gain with an additional 5-15 pounds between October and year's end.

Tips:

1. Keep it out of sight/out of mind - if it is on your desk or in a candy bowl, it's easier to reach for that small piece (or pieces) of candy rather than a healthy snack.
2. Wait until the week of Halloween to buy candy for your trick-or-treaters. It's hard to make the candy last when purchased early.
3. Buy candy you don't like for trick-or-treaters. Store it where you will not see it every day.
4. If you eat a few fun-sized candies, keep the evidence visible – empty candy wrappers remind you how much you've already eaten.
5. With more sweets and temptation around, be more aware to eat healthier meals balanced with lean protein and more veggies at mealtimes.
6. Donate, freeze or enjoy leftover candy one piece at a time.

Fun-size Candy Calories: Reese's Peanut Butter Cup (110 calories), Peanut M&Ms, Payday or 100Grand (90 calories) and Almond Joy, Butterfinger, Twix, Skittles, Snickers (85 calories).