

HEALTHY HALLOWEEN TIPS & TREATS



Halloween marks the start of the holiday season, which comes with its fair share of sweet treats and diet-destroying foods. To avoid packing on the pounds during this sugar-laden time of year, try the following tips:

DON'T BUY CANDY IN ADVANCE

In this case, procrastination can really pay off— especially if you're counting calories. Waiting until the last minute to purchase candy for trick-or-treaters will curb the temptation to munch on goodies days before Halloween. In a similar vein, only buy as much candy as you think you will need. This way you'll eliminate enticing sugary leftovers for days or weeks to come.

BUY CANDY YOU DON'T LIKE

You'll be much more likely to control your sugar cravings around candy you don't particularly like.

OPT FOR HEALTH(IER) HALLOWEEN TREATS

Believe it or not, there are treats that can please the neighborhood kids and your waistline. String cheese is one low-calorie pre-packaged snack that makes for a great handout. With roughly 80 calories and 20 percent of the daily recommended serving of calcium per stick, encourage trick-or-treaters to munch on this high-protein snack during their nightly candy runs to sustain energy and curb candy cravings. Refrigerate until serving. Trail mix, peanuts, dried fruit and pretzels (even chocolate covered ones), also make for much healthier options. Digging into your candy bowl won't be as detrimental to your diet if you have these healthier treats on hand. If any treat is too tempting to keep around the house, think outside the box and hand out ghoulish toys like spider rings, glow sticks or blinking finger lights.

EAT HEARTY MEAL BEFORE TRICK-OR-TREATING HOURS OPEN

Nibbling out of the goodie basket will be a lot less tempting if you've already ate a satisfying dinner beforehand, like vegetarian chili. Also, think about cutting up some fruit for munching to keep hunger and sugar cravings in check.

For more information, visit www.northside.com/newstartchallenge