

## HAPPY AND HEALTHY HALLOWEEN TRICKS AND TREATS!



–Eat every 2–3 hours, as usual, to keep you satisfied and your blood sugar steady! This will help you from getting hungry and wanting to pick at Halloween candy that seems to be everywhere you turn!

–Don't ban yourself from having a piece or two of candy otherwise all the sudden you want it even more!

–If you decide to have a Halloween treat, make healthy choices such as having a few peanut M & M's or chocolate almonds. My favorite is chocolate covered espresso beans! 😊  
If you have to have chocolate, why not have an oz of Dark Chocolate to get the antioxidant effects!!



Dark  
Chocolate  
Covered  
Espresso  
Beans





-If you have children and want to share in the Halloween fun, bake healthy treats. Not only are you showing them a healthy way to enjoy the holiday but you don't have the full sugar candy lying around the house!

-If you work in an office that is surrounded by sugary treats and candy, be sure to be well prepared with your healthy snacks so you don't find yourself digging in the candy jar!

-If you are one to keep your porch light on and invite trick or treaters, set an example and offer healthy treats. A few favorites are the cocoa almond packs or pretzels that come in a fun Halloween snack pack!



-Take some emphasis off candy by focusing on the fun of the holiday. Go to a fun costume party or better yet, throw your own.

-Take your or someone else's children Trick or Treating so you can enjoy in the fun and get your exercise in at the same time!

-If you have children, possibly suggest that they only pick a few of their favorite treats and throw the rest away! (That is how I was raised... only got to pick 5 of my favorites!) Boo Hoo...



-Invite over friends and celebrate with a fun healthy Halloween party! Create a do it yourself easy pizza station with mini whole wheat crusts or Ezekiel English muffins (as crust) and several healthy options for toppings.

-What about a healthy cooking baking party? Keep it fun and healthy, it can be done! Have friends over to bake healthy Halloween Cookies! Why not pumpkin cookies or even oatmeal cookies cut into fun Halloween shapes!



-A great snack to munch on when you feel like going for the treat is trail mix. Make your own trail mix with low fat popcorn, nuts, roasted pumpkin seeds, coconut and maybe even pieces of dark chocolate.





-If you attend a party, bring your own munchies. Be prepared with your healthy snack options to keep you from heading for the cookie tray! Nothing wrong with bringing your own food, better to be safe than sorry!

-Eat before you go out and know that you are going to be surrounded by yummy temptations. The worst thing you can do is go to a holiday party hungry!

-If you are having a gathering or going to one, a fun and decorative appetizer is to place salsa or hummus in a carved out small pumpkins and serve with flax chips, celery or apples!



-Fill up on your lean proteins and fibrous veggies before going for a piece of candy! So often once your tummy is full, the candy won't look as good as it did when you were hungry!

-Workout before going out, not because you are planning to over eat but because you will just feel so much better and your chances of sticking to your healthy choices are higher if you know you got in a great workout!



-Keep almonds handy! I know you all love nuts!! Better to have a few nuts than a piece of hard sugar candy! Think you need something with a little sweetness to it, better to have chocolate covered almonds or peanuts than a Butterfinger.

-Stay hydrated and before going for that Halloween treat, guzzle some water and see if you still have your craving. So often we have a craving, not because we really want it, but because it is there. So often you may be dehydrated or just bored. Drink plenty of water and keep your water bottle close by. For those sugar urges, drink water.

-If water doesn't do it for you, flavor your water to make it taste sweeter! Try adding your favorite fruit to your water or even slice of cucumber to give it some extra flavor. For a little extra sweetness, add a packet of stevia.

-If sweetened water is still not doing it, go for it, chew gum! Extra now has these "Extra Dessert Delights" that will definitely satisfy that sweet tooth!



-If you are planning on giving away Halloween candy, give away the extra. Bring it to work or better yet, throw it away so you are not contributing to people's sugar habits. If you refer to a previous trick and opt for a healthy treat, you will be able to keep the leftovers around.



-Buy organic and healthy “candy options” if the pretzels or almonds are not doing it for you. They may be a little more expensive but better to go organic and the healthy route than to spend less money and pay more in the long run, physically and mentally!!