

## **Ask Stacy – October 2011**

**Question:** With Halloween coming up, I'm worried about exercising self-control around the super-sized bags of candy that I buy for the trick-or-treaters. Last year I was left with almost an entire bag and I couldn't resist finishing it off. How can I keep my weight in check during this candy-filled holiday?

### **Answer:**

I can definitely relate! I have a sweet tooth and I find it hard to resist the delicious Halloween treats that my kids bring home each year. Try a few of these tips to cut down on the sugar consumption of this ghoulish holiday.

### **Choose treats wisely**

- Look for "fun size" or "mini" candies, so you can indulge while still keeping calories in check.
- Buy packs of sugarless gum.
- Give out boxes of raisins or 100-calorie snack packs for healthy sweet treats.
- Choose 3 Musketeers miniatures, which only have 24 calories, rather than the Butterfinger mini, which clocks an impressive 45 calories.
- Avoid candy altogether and give out stickers, bracelets, pencils or bubbles.

### **Avoid Temptation**

- Don't buy Halloween candy early. Wait until Halloween day to pick up the treats so you don't have temptation around before trick-or-treating even starts.
- Ensure you have a healthy dinner before your doorbell starts ringing so you will be less likely to indulge.
- Avoid the after-Halloween candy sales – 50 percent off may seem like a good deal, but not when you don't need the extra calories or sugar.

### **Be Creative**

- Make a Halloween wreath with wrapped candy glued to a Styrofoam circle.
- String candy on ribbon or wire and make a candy garland for the Christmas tree.
- Use leftover candy to decorate a holiday gingerbread house.
- Make a homemade advent calendar with candy hiding behind each door.

### **Donate it**

- Include candy (not chocolate) in care packages for troops overseas.
- Add wrapped hard candies in Operation Christmas Child shoeboxes.
- Donate candy to a nursing home or women's shelter.

For more creative ideas on how to use leftover Halloween candy or for more healthy eating tips, visit Five a Day the Fun Way at <http://fiveadaythefunway.com>. Email me

at [stacy@stacycacciatore.com](mailto:stacy@stacycacciatore.com) if you have a question you'd like to see featured in a future column.

Healthfully,  
Stacy Cacciatore