



## It's Halloween! What's in Your Candy Bowl?

The holiday season is officially upon us, and unfortunately it starts off with one that is centered on candy! While many candies are fat-free, no candy is calorie-free, and unfortunately, like most sweets it can have a ghoulish impact on your body weight if not managed appropriately. Instead of *treats* this Halloween, use the following *tricks* to help you overcome the urge to splurge on candy.

### Shopping for Candy

**Wait until the last minute:** This will help you avoid having bags of candy sitting around the house for long periods of time before the holiday. If you don't have candy in the house until the day you have to give it away, you will be less likely to sneak a couple of pieces.

**Choose candy you don't like:** This may seem like a very obvious solution, but it's one people often don't think of. A stash of candy that you don't want to eat won't stop you from participating in the celebrations and giving it away, but it will stop you from eating too much yourself!

**Choose non-food alternatives:** You can give out non-food items to trick-or-treaters. You can choose Halloween themed gifts such as miniature toys, glow-in-the-dark necklaces, light sticks, candles, make-up kits, flashlights, stickers, crayons, pencils, erasers, whistles, rubber spiders or worms etc.

**Choose alternatives to candy:** Who said the treat had to be sweet? Many things can go in a candy bag - not just candy. Consider giving out gum, trail mix, popcorn balls, fruit, granola bars, boxes of raisins, cheese and cracker snack packs, pretzels, fruit roll-ups, mini juice boxes etc. In addition, having less candy in the trick-or-treat bag may be a good thing for the kids, too!

### Trick or Treat Night

**Don't overstock:** Don't make things difficult for yourself by buying too much candy. It is better to run out half way through the holiday than be left with piles of uneaten delicious looking candy in the house.

**Choose small portions:** Buy fun-sized chocolate bars and small ready-made bags of candy to give out. If you are going to eat any holiday candy, limit yourself to these small portions. But also remember that lots of small candies will have more calories than just one regular sized one:



Product	Serving Size	Cals	Fat
Fun Size Snickers	1 bar	80	5
Hershey's Kisses	8 kisses	200	12
Lemon Drops	9 candies	150	0

**Be prepared!** Make sure you are familiar with the nutritional content of different candies before you go shopping. Here is a quick guide to the most popular fun-size Halloween candies:

Product	Serving Size	Cals	Fat
Sweet Tart	1 pouch	20	0
Starburst	1 pkg	40	1
Dots	1 pkg	55	1
Junior Mints	1 pkg	55	1
Tootsie Rolls	1 pkg	55	1
York Peppermint Patties	2 patties	55	1
Hershey's Milk Duds	1 box	55	2
Skittles	1 pkg	80	1
Nestle's Crunch	2 bars	100	5
Reese's Peanut Butter Cups	1 candy	110	6
Twix	2 bars	160	8
Snickers	2 bars	160	10
Milky Way	2 bars	180	7
Kit Kat	2 bars	200	10
Baby Ruth	2 bars	260	14

**Be generous:** If it's the end of trick or treat time and you still have a lot of candy left, give extra handfuls out to the later trick or treaters. Knowing that most likely you will end up snacking on leftover candy, you don't want to be the one left holding the bag (*of candy, that is*).

### The Day After

**Be accountable:** If you have kids, regardless of how much candy you were able to unload on the neighborhood trick or treaters, odds are you will still have candy in the house. Make a pact with your children and tell them for every piece of candy of theirs that you eat you will pay them X amount. This can be 50 cents, \$1 or even \$5. Make it an amount that a) they will want to receive and will hold you to, and b) that you will regret paying them if you end up eating the candy.

**Hide the stash:** Have your children hide their Halloween candy in a place that you won't find it (most likely they will view this as a game, and will enjoy it)!

**Delay, delay:** Take leftover candy (particularly high-risk candy) and place it in the freezer. If you decide you must have some, take one piece out and wait to it thaws before eating. Insist you must do this, and always take only one piece at a time if you would like to have some candy.

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Halloween can be a manageable holiday. Use good judgment, practice moderation, and most importantly, enjoy a healthy holiday!

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