

Writing: E-mail Marketing + Blog

5 tips to defeat the Halloween candy monster

HALLOWEEN CAN BRING OUT THE MAGIC and fun in people of all ages, but beneath the Halloween party spirit lurks a sinister struggle for many adults – candy. What do you do after trick-or-treating is over, and the tempting, fun-size candy bars are all over the house and your office?

It's a struggle people go through every year, and it can be a fast-track to weight gain if ignored. Candy is high in sugar, saturated fat and empty calories that don't provide the nutrition your body needs. It can also cause tooth decay, leading to expensive visits to the dentist.

Avoid overindulging on candy with these five, helpful tips:

1. Avoid buying candy that you love.

You'll be more likely to cave into your desires if you buy the chocolate covered pretzels that you love. Instead, purchase candy that others like.

2. Start the night with a healthy dinner.

An empty stomach and late dinner preparations can be a gateway to overindulging on candy. Instead, make a healthy, filling crock pot meal that will be ready by the time you get home. Consider recipes like this Pasta E Fagioli soup from The Recipe Critic or this Low Carb Lasagna from Well Plated.

3. Plan other fun activities that don't focus only on candy.

If you have kids who are trick-or-treating, consider taking them trick-or-treating at a location that offers additional activities that the whole family can enjoy, like hay rides, ghost stories or sight-seeing. Think ZooBoo at the Indianapolis Zoo or the Headless Horseman at Conner Prairie. You'll enjoy quality time with your family, and get some needed distraction from the candy bowl.

4. Limit your indulgences to one candy per day.

If you do enjoy one candy or sweet per day, consider candies that are lower in fat (like sour or gummy candies or Twizzlers®) or even sugarless (like gum or jelly beans). Even some fall-friendly drinks, like light hot chocolate or apple cider, are lighter in calories than a traditional chocolate bar.

5. Donate extra candy to good causes.

Rather than subjecting your colleagues to candy temptations, consider donating your extra candy to causes that really need it. Organizations like Operation Gratitude and Operation Stars & Stripes send candy in care packages to U.S. Troops. Other organizations like children's hospitals, homeless shelters, food pantries or nursing homes may also accept candy donations.

Weight management is not about being perfect. It's about moderation. Focus on celebrating Halloween for the fun that it is, enjoying activities with friends and family, and you'll forget all about that scary candy monster.

 CorCommCreative

WRITING
E-newsletter/Blog Article

CLIENT
Franciscan Health

Sources available upon request.

 **Franciscan**
HEALTH

October 2017



5 tips to defeat the Halloween candy monster

Halloween can bring out the magic and fun in people of all ages, but beneath the Halloween party spirit lurks a sinister struggle for many adults: candy. What do you do after trick-or-treating is over and the tempting, fun-size candy bars are all over your house and office?

This struggle can be a fast-track to weight gain if ignored. Candy is high in sugar, saturated fat and empty calories that don't provide the nutrition your body needs. It can also cause tooth