

# inside nutrition



Trick or Treat! Don't let the excitement of this spooky holiday ruin your sound nutrition habits. Just because the holiday is focused around candy, doesn't mean that is all you need to eat all day/week.

- **Have a plan:** Make sure you stick to your regular daily eating habits. Have a sound breakfast, lunch, and dinner with a few small snacks in between. If you try and save all your calories for candy, you are likely going to over-indulge.
- **Agree on a candy consumption limit:** Set a limit for yourself. If you bought a whole bag of candy, be sure to spread that out over a long period or time. Limit yourself to 1-2 small pieces of candy each day.
- **Keep healthy snacks around your room:** Keep healthy between-meal snacks in view and accessible. Some things you can have on hand include juicy red apples, bananas, or seasonal fruit, which are better than those Skittles®, M&M's®, and Tootsie Rolls®. Keep the candy out of sight. Other alternatives to candy include:
  - Granola bars or Quaker Fruit and Oatmeal Bites
  - Homemade caramel apples
  - Raisins, dried apricots
  - Reduced fat cheese and peanut butter crackers
  - Fresh fruit
  - Unbuttered popcorn
  - Oatmeal raisin cookies
- **Do not attach emotions to candy:** Try not to use candy to reward yourself or to reduce stress. Find ways to comfort, nurture, distract, and resolve your issues without using food.
- **Think of other things to do:** Do not make the holiday all about the candy. Make it a fun time to do other things with friends; design your costume, go bobbing for apples, or carve pumpkins.
- **Get moving:** The weather starts to grow cold, and you naturally want to slow down, conserve heat, and eat hearty meals. Make sure you choose activities that make you move. Try a new sport, visit one new park each week, or try new classes at the gym. Keep sedentary activities, such as TV, computer, and handheld games, to a minimum.



## healthy monday tip

Fitness can be free: You don't need an expensive gym membership or fancy equipment to get active. Exercise is any movement that works your muscles and uses more energy than resting. Try walking around your neighborhood, using resistance bands, running up and down the stairs, making your own weights at home or doing push ups and sit ups. Come up with some creative, free fitness ideas this week. Remember that playing sports, swimming, biking and other fun activities all count as exercise!

**Try it – and have a Healthy Monday!**  
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