



Healthy Tips for Halloween Information Sheet

Nutritional Information:

Most Halloween candy contains:

- Trans Fat: Contributes to heart problems and unhealthy cholesterol levels.
- High-fructose corn syrup: sweetener used in processed foods
- Sodium: Our bodies only need about 1 teaspoon per day to be healthy. Too much can lead to high blood pressure, which is a major risk factor for stroke, heart disease and kidney disease

World Health organization: New guidelines on “free sugar” intake

- Limit to 5% of total calories per day = 6 teaspoons
- Includes sugars added by manufacturers, cooks and yourself!
- Found in lots of processed foods like soda and ketchup!

Halloween Candy:

- 6 teaspoons of sugar = 14.3 sour chewy candies, 2 fun sized chocolate bars or 15.7 candy corns

Trick-or-Treating

- Have a well-balanced dinner or snack high in protein beforehand to keep kids full.
- Mixed nuts, cheese or peanut butter and celery
- Sort through candy only keeping ones they like best, limit them to a piece a day after dinner.

Healthier options: More isn't always better, hand out one fun size candy bar with one healthier option, such as:

- Colorful gummy bears, pretzels, peanuts/mixed nuts, box of raisins, mandarin oranges.

Proven that healthy alternatives don't just need to include treats: Children choose toys just as often as candy when offered both on Halloween!

Toys include:

- large glow in the dark insects, Halloween theme stickers, Halloween theme pencils

Of course you cannot completely stop kids from eating candy, but you can certainly limit the amount they consume!