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Healthy Tips for Halloween



Overview

- Nutritional information on Halloween candy
- Tips on how to stay healthy during the Halloween season
- Healthier treats and toys to hand out
- Demonstration of healthy, fun and easy snacks to make at home



Nutrition and Halloween

- Most Halloween candy contains:
 - Trans fat
 - High-fructose corn syrup
 - Sodium
- Trans fat can increase risk of:
 - Heart problems (e.g. Coronary Heart Disease)
 - Unhealthy cholesterol levels



www.healthcanada.gc.ca
<http://www.who.int/en/>



Nutrition and Halloween

- High fructose corn syrup is the main sweetener used in processed foods
- Too much sodium can lead to high blood pressure, which is a major risk factor for:
 - Stroke
 - Heart disease
 - Kidney disease



Nutrition and Halloween

Bad news for Trick-or-Treaters...

- World Health Organization recommends to limit intake of free sugars to 5% of daily calories.
- For an active 10-year-old = about 6 teaspoons of sugar or approximately 14 sour chewy candies

• <http://www.who.int/mediacentre/news/notes/2014/consultation-sugar>



Nutrition and Halloween

6 teaspoons of sugar =



Approximately 8 sweet, chewy candies





Nutrition and Halloween

6 teaspoons of sugar =



Approximately 39 candy-covered chocolates





Nutrition and Halloween

6 teaspoons of sugar =



Approximately 2 fun-sized chocolate bars





Nutrition and Halloween

6 teaspoons of sugar =



Approximately 16 candy corns



Staying Healthy during the Halloween Season

Before Trick-or-Treating:

- Eat a well-rounded dinner

or

- Have a snack high in protein such as:
 - Mixed nuts
 - Cheese
 - Protein smoothie
 - Peanut butter and celery



Staying Healthy during the Halloween Season

- Limit the amount of candy packed in school lunches or for snacks
- Try letting kids have a piece of candy for dessert after dinner.
- Offer one piece of candy for each year old your child is. Three years old = three pieces of candy.



Staying Healthy during the Halloween Season

After Trick-or-Treating:

- Sort through the pile of candy and have kids pick out which ones they love best
- Check toys or novelty items for small parts. If they do have small parts, do not let children under three years of age play with them.

Leftovers:

- Trade with siblings or parents in exchange for non-food related treats
- Recycle





Staying Healthy during the Halloween Season

Limit candy to avoid stomach aches!

- Too much candy (i.e. sugar) may be hard for the body to digest
- Hard on your teeth





Staying Healthy during the Halloween Season

It's not all bad news...

- A Halloween-size candy, which contains between 8 to 15 grams of carbohydrates, could be a better choice than a big bag of chips, which has added fat, sodium and calories!

<http://www.diabetes.ca/publications-newsletters/diabetes-current-newsletter/diabetes-current-archive/diabetes-current-october-2013/healthy-living/8-halloween-tips-for-children-with-diabetes>





Healthier options to hand out

- Colorful gummy bears
- Dark chocolate
- Chocolate with peanuts in them
- Pretzels





Healthier options to hand out

- 100% fruit juice boxes
- Apple sauce snack packs
- Boxes of raisins
- Mandarin oranges
- Fruit bars
- Granola bars





Demonstration

1. Cheesy witch brooms
2. Spider crackers





Healthier options to hand out at the door

Based on a study:

- Children choose toys just as often as candy when offered both on Halloween!
- Small toys are often inexpensive and festive
- Toys offered in the study included:
 - stretch pumpkin men,
 - large glow-in-the-dark insects,
 - Halloween-themed stickers,
 - Halloween-themed pencils

Schwartz, M., Chen, E., & Brownell, K. (2003). Trick, treat or toy: children are just as likely to choose toys as candy on Halloween. *Journal Of Nutrition Education & Behaviour*, 35(4), 207-209.



Healthier options to hand out

- Bandages with pirates, black cats or other fun Halloween themes
- Mini cookie cutters
- Little packs of confetti or "fairy dust"
- Spider confetti
- Printed items like Halloween themes words games, word searches or crossword puzzles
- Toothbrushes
- Mini pumpkins
- Spinning tops
- Sugarless gum – kids will be so busy chomping and chewing that they won't want to munch away on other candies
- Glow sticks
- Slinkies
- Yo-yos
- Crayons



Fun Fact

600

=

The grams of sugar in the candy collected by the average U.S. Trick-or-Treater on Halloween.

600g is equivalent to three cups of pure sugar.



Fun Fact

How man calories does the average child consume on Halloween night??

Between _____ and _____ ??



Thank you!

Questions



References

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