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Your health and

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Healthy Tips for Halloween







Canada

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

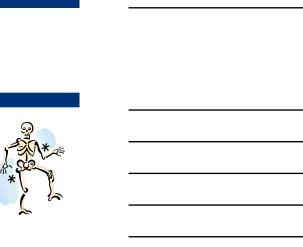


Nutrition and Halloween

- 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





Nutrition and Halloween

6 teaspoons of sugar =



Approximately 8 sweet, chewy candies





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:

related treats

Trade with siblings or parents in exchange for non-food

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! 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
- SlinkiesYo-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!





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