

# SEA OTTER HALLOWEEN NUTRITION

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**HAPPY HALLOWEEN**



## HALLOWEEN CANDY OKAY FOR KIDS, BUT IN MODERATION, SAYS DIETITIAN

Here are some tips to help control your children's consumption of treats:

Serve your kids a healthy snack such as a peanut butter sandwich and some fruit before trick-or-treating. If they aren't hungry, your kids will be less likely to gorge themselves on candy when they get home.

Let your children enjoy some of their Halloween candy in moderation when they have finished trick-or-treating -- after you have inspected the treats for safety. Keep a close eye on the kids who tend to binge so they don't eat too much candy.

Give your kids a day or two to enjoy the Halloween candy, then throw the rest away. Many people think this is wasteful. However, if your child has difficulty controlling his candy consumption, this may be what you need to do. If you don't want to throw the candy away, give it away.

Put all of the extra treats into a high cabinet in your kitchen or pantry. Out of sight is out of mind, and you can control how many treats your kids get to eat over the next few days.

Don't buy Halloween candy early. You will tempt yourself and your kids to eat too much before the trick-or-treating even starts.

Promote a healthy Halloween by handing out alternatives to candy.

- o pencils
- o stickers
- o party favors
- o trading cards...etc...

**CHILDREN ANXIOUS FOR HALLOWEEN MAY BE HAPPY TO KNOW THAT EATING THE HOLIDAY'S GOODIES IS OKAY BUT PARENTS MUST ENCOURAGE MODERATION. THERE'S NO REASON TO OVERLY RESTRICT CANDY IF IT CAN BE TREATED WITH THE ATTITUDE THAT THIS IS ONE OF THOSE SPECIAL TIMES, AND A LITTLE WILL FIT IN TO THE CHILD'S GOOD HEALTH AND NUTRITION.**

Give out individually packaged non-sugary treats.

- o nuts
- o raisins
- o sunflower seeds
- o pumpkin seeds
- o cashews
- o chips
- o microwave popcorn
- o whole grain crackers

**SKIP THE HALLOWEEN CANDY SALE ON NOVEMBER 1. CHEAP BAGS OF CANDY SOUNDS LIKE A GOOD BUY, BUT YOU DON'T NEED THE SUGAR AND CALORIES.**

**SNICKERS SNACK SIZE: 72 CALORIES, 4 GRAMS OF FAT**

**TWIZZLERS: 133 CALORIES AND 1 GRAM OF FAT FOR 4 TEENY-TINY PIECES**

**BUTTERFINGER SNACK SIZE: 100 CALORIES AND 4 GRAMS OF FAT**

**REESE'S PEANUT BUTTER CUP: 80 CALORIES AND 4.5 GRAMS OF FAT**

**MILKY WAY SNACK SIZE:**

**77 CALORIES AND 3 GRAMS OF FAT**

**HAVE A SAFE HALLOWEEN**

