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The Trick is to Enjoy the Treat!

Halloween is just around the corner, and with it all the delicious little sweets that surround the holiday. But never fear! There are many ways to healthfully enjoy the season while still celebrating with friends, family and the community.



Holidays are great times to remember the importance of mindful eating. Make sure to savor treats and remember possible stomach upset might occur if you eat too many high sugar foods at once. It's best to plan to eat the candy over a period of time. After the little ones in your life go trick or treating, have them make a pile of personal favorites to enjoy. Agree that the rest can be donated to a local shelter or sent in a care package to those serving overseas.

*** Remember there is no need for tricks with delicious and healthy treats!*

It's easier than ever to find Halloween treats to enjoy that still provide a health benefit. Grocery store shelves are stocked with snack favorites containing whole grains, extra vitamin C, 100% fruit juice and added fiber.

This year mix up the candy bowl with some items that everyone will enjoy, and you can feel good about serving. All of these are available in easy to distribute snack-size packages, too.

- Whole-grain cheddar flavored crackers
- Fruit snacks made with 100% fruit with added vitamin C
- Sugar-free gum
- Animal-shaped graham crackers
- Mini Rice Krispie treat bars
- Cereal bars made with real fruit
- Individual fruit cups
- Mini 100% fruit juice boxes
- Low-fat pudding cups
- Mini bags of pretzels

This Month's Featured Vegetable:

SQUASH

This versatile veggie is fat, cholesterol and sodium free but is packed with flavor and adds a nice texture to many dishes. Squash is a great source of fiber, folate, Vitamin E, Vitamin C, potassium and magnesium. And just 1 cup provides over 450% of our daily Vitamin A needs!

Although squash is traditionally served cooked, consider trying it raw and grated over a salad or thinly sliced in coleslaw.



This Halloween also consider providing a nut-free option for our scary little guests with food allergies. When in doubt, non-food handouts, such as Halloween pencils, pens, stickers, tattoos and spider rings, are a way to provide a fun yet safe celebration for everyone. Visit the "Teal Pumpkin Project" at www.foodallergy.org for more info.

