

DON'T LET NUTRITION SCARE YOU THIS HALLOWEEN

By Clara Wicoff



Halloween is approaching, but the holiday is no reason to have fears about nutrition. Taking a few scary easy steps can ensure your Halloween is both enjoyable and healthy!

When it comes to trick-or-treating, it's all about the planning. To start, create a plan for how much candy your children will be allowed to accept at each house, as well as how much they will be allowed to eat. Discuss this plan and the reasoning behind it with your children ahead of time. Also plan to enjoy a wholesome meal with your children before going trick-or-treating to reduce the temptation to overindulge on treats. After eating this meal, walk from house to house with your children while they trick-or-treat instead of driving. This is a great way to get in some exercise!

There are more steps you can take in the days following Halloween to prioritize health and nutrition. When your child inevitably asks for a piece of candy, be prepared to portion candy with other healthy snack options. Roasted pumpkin seeds are a great option, as they are



both on theme and a great source of B vitamins. Mixing candy into a homemade trail mix with whole grain cereal and nuts is another good option. Encourage mindful eating practices, and always remember to put candy back away somewhere out of sight. Ensure that all caregivers (from babysitters to grandparents) are aware of the rules you establish for eating candy. Furthermore, be a role model and limit your own Halloween candy consumption.

By taking these steps, you can make Halloween enjoyable and healthy. Remember: This holiday marks just one day on the calendar. Nutrition is a balance, and special treats can be enjoyed in moderation as one part of that balance. What you eat every day is what matters most for your nutrition!

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