

SURVIVING HALLOWEEN CANDY SEASON



ONLY SAVE 10-15 PIECES OF CANDY

Throw the rest out! We can enjoy this time of year without bingeing on candies

GOING TO A HALLOWEEN PARTY?

eat a light, healthy, balanced meal before with vegetables, whole grains, and proteins

SPACE IT OUT:

have 1-2 pieces per day so it lasts a week or two

ADD TO IT TO AVOID BLOOD SUGAR SPIKES:

add a vegetable (carrots, celery), and protein (string cheese, boiled egg, greek yogurt)

STAY HYDRATED:

drink a cup of water before and after each piece of candy

PAIR IT WITH SOMETHING HEALTHY:

go for a walk, bike ride, meditate, smudge, journal, eat a vegetable

IF YOU HAVE KIDS, PLAY THE SWITCH WITCH:

allow kids the option to trade their candy for a small toy they want. They leave the candy on the porch, then the next day the "switch witch" leaves them a toy.