 Tricks for the Treats:

Tips and Ideas to Keep Your Waistline from Creeping Out of Control during Halloween

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* **First and foremost:** **Stop**, *take a deep breath*, and **ask yourself**: “*Do I really want this treat*- or am I just going to eat it because it’s in front of me?”
* ***Stick to the “Mini’s” and savor the flavor:*** When you sit down and really take the time to ***smell, taste, and feel*** your favorite candy bar melting in your mouth- you’ll realize one bite is all you need to get that same satisfaction that you imagine when you see the famous wrapper in front of you. Plus, you’ll likely save over 200 calories!

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One **bite sized** Milky Way has **38 calories**, and 1.4 grams of fat. **or**

C:\Documents and Settings\katie\Local Settings\Temporary Internet Files\Content.IE5\XDPX0M8P\MC900331495[1].wmf One **full sized** Milky Way has **270 calories**, and 11 grams of fat.

* **Lick that Lolli-Pop, Don’t Bite the Bar:** Hard candies, like lolli-pops take longer to eat. By the time you get through Dum-Dum (only 20 calories), you may realize your sweet tooth has subsided.
* *C:\Documents and Settings\katie\Local Settings\Temporary Internet Files\Content.IE5\CQ8VGEXY\MC900215364[1].wmfPick one with some protein* to help slow down the sugar surge: Try a *Fun-Sized* pack of Peanut M&M’s. Although the 90-calorie snack-pack has 5 grams of fat, it also has 1.5 g of protein. Thankfully, at least some of the fat is coming from peanuts.
* ***C:\Documents and Settings\katie\Local Settings\Temporary Internet Files\Content.IE5\IGQAPS9C\MC900290914[1].wmfOut of Sight-Out of Mind***: Don’t leave a heaping bowl of Halloween sweet treats sitting on the kitchen counter. Instead, hide the candy in a drawer or non-see through bag or box. When you don’t have to look at it every time you pass through the kitchen, you will be less tempted to grab it.
* **C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0300840.wmfPlan for some extra physical activity**: If you know you can’t eat just one small treat- add some extra calorie-burning cardio to your day. Keeping your body in *energy balance* is essential for avoiding weight gain. That means the more calories you take in, the more calories you need to expend to maintain your weight.

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* ***Don’t skip meals to save up for sweets later on***: By depriving your body of healthy nutrients from whole grains, fruits, vegetables, protein and dairy, you will be more likely to *over indulge later* on with those sugar and fat laden treats. Instead eat a balanced diet throughout the day, so when the candy comes out- you’ll be fine with just a bite and not a bowl full!

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* **Don’t forget about your Freezer**: Pre-wrapped Halloween candy doesn’t need to be eaten all on Halloween. Take a few pieces out that you want to have in the next couple of days and put the rest in a freezer bag. Even better- stick the bag in the back of the freezer so it’s not haunting you every time you open it.
* **C:\Documents and Settings\katie\Local Settings\Temporary Internet Files\Content.IE5\CQ8VGEXY\MC900437753[1].wmfCrazy Craving for Chocolate**: Try dipping fresh fruit in a small amount of melted dark chocolate, instead of reaching for a Snicker’s. Fruit is naturally sweet, lower in calories, and loaded with nutrients: Snickers are loaded with sugar, fat, and offer little nutrient value. After just a few pieces of choco-lifed fruit, you’ll feel perfectly satisfied, without adding oodles of extra calories.
* Try apricots, banana slices, or strawberries for a tasty treat.





Try this smooth and creamy, lower calorie version of

***Pumpkin Mousse***

**Yield:**4 servings.

* 1 ½ cup cold fat- free milk
* 1 package of sugar-free instant butterscotch pudding mix
* ½ cup canned pumpkin puree
* ½ teaspoon ground cinnamon
* ¼ teaspoon ground ginger
* ¼ teaspoon ground allspice
* 1 cup fat-free whipped topping, divided.

**Instructions:**

1. In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Combine the pumpkin, cinnamon, ginger and allspice; fold into pudding. Fold in 1/2 cup whipped topping.
2. Transfer to individual serving dishes. Refrigerate until serving. Garnish with remaining whipped topping.

*Nutritional Facts:* 2/3 cup mousse with 2 tablespoons whipped topping: 96 calories, trace fat (trace saturated fat), 2 mg cholesterol, 360 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein.

*Diabetic Exchanges:* 1/2 starch, 1/2 fat-free milk.

\*Recipe from tasteofhome.com

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