Halloween Candy: Don't be Tricked by the Treat

October 18, 2016

Healthy Treat Of the Month

Grandma's Popcorn Balls:

2 c sugar

1c corn syrup

1/2 c butter

1/4 c water

1 tsp vanilla

Directions:

1. On medium heat combine sugar, syrup, butter and water. Stir and heat to 300* then remove from heat and add vanilla and mix.
2. Pour over popped popcorn and stir. Wait 5 minutes and form balls.

Health Tips

- Make sure a healthy meal or snack is eaten before candy is given.
- Brush teeth more frequently after sugary snacks are consumed.
- Build extra time for exercise from now until after the holidays to offset extra calorie consumption.

With **Halloween** on the horizon, and candy abounding, let's take a look at what it takes to repent for those additional sweet treats.

Weigh More, Move More, Burn More Calories

The general rule of thumb is the more you weigh, the more you burn in the same amount of time as someone who weighs less than you.

Likewise, the faster you move in a given period of time, the more calories you will burn. It makes sense that our bodies require more energy for more taxing activities. We expend more calories when we call on more muscle groups for more challenging tasks. This Halloween when raiding the kids' stash, consider:

- 5 miniature Milky Way chocolate bars, 190 calories:
- 28 minutes of an aerobic fitness class
- 4 miniature Snickers chocolate bars, 170 calories:
- A brisk walk with the dog for 50 minutes
- 3 miniature Twix chocolate bars, 150 calories:
- Run at a moderate to strong pace for 10 minutes, or jog for 20 minutes
- 20 pieces of candy corn, 150 calories:
- Hit the stair climber in the gym for 25 minutes
- 1 piece of licorice, 70 calories:

25 minutes of yoga

Now consider this:

- A medium sized apple weighs in at about 80 calories and offers many nutritional benefits, in addition to keeping you satisfied longer than snacks from empty calories. It will only take you 8 minutes to burn it off on the elliptical machine.
- A medium sized banana translates to about 130 calories of quality nutrition, and requires only15 minutes of moderate biking to burn it off.

One cup of pretzels is about 150 calories, and can be torched just by doing 45 minutes of general housework, such as sweeping and washing dishes.

Time to choose:

Take advantage of the exercise opportunities that come with cooler weather for walking and enjoying time together this Halloween. Choose foods that give your body the energy and fuel it deserves and limit your intake of empty calories.

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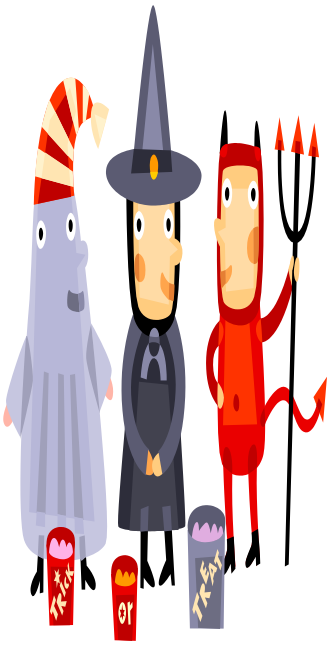

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

Vince Lombardi