

Smart Candy Swaps for a Healthier Halloween



Halloween and candy go hand in hand, and that's okay! Sweets can be part of the fun without throwing off your healthy habits. This time of year, is all about balance—enjoying the traditions, trying a few favorites, and finding small ways to make choices that leave you feeling good. Whether you're handing out candy, trick-or-treating with the kids, or digging into the leftovers, a few simple swaps can make a big difference.

1. Pick fun-size.

Smaller portions can still satisfy a sweet tooth. Fun-size or mini bars make it easy to enjoy candy without going overboard.

2. Choose chewy or chocolate?

Chocolate candy often has a bit of fat, which can help you feel full longer than sugary, chewy candy. A mini chocolate bar may be a better pick than a handful of gummy bears or hard candy.

3. Balance it out.

Pair candy with a source of protein or fiber to help steady your energy. Try a mini bar with a small handful of nuts, or a piece of chocolate after a meal instead of on an empty stomach.

4. Keep the candy stash out of sight.

After Halloween night, keep candy stored in a cabinet or container instead of on the counter. Out of sight means you'll think about it less—and it'll last longer too.

5. Make it fun, not strict.

Halloween is meant to be enjoyed. A little candy won't undo healthy habits. The goal is to enjoy treats without making them the main event.

A sweet note to end on:

It's easy to get caught up in sugar talk this time of year, but the real fun of Halloween comes from being together, dressing up, and making memories. Candy can be part of that joy—it just doesn't have to take center stage. A few mindful choices let you enjoy the sweetness of the season while keeping things in balance.