REGIONAL FOOD BANK

Smart Candy Swaps for a Healthier Halloween

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.