



Healthy Piedmont Wellness Weekly



Healthy Halloween Tips

The season of sweets and treats is fast approaching starting with Halloween. You may love a good scare – just not on the scale!

Here are a few healthy ideas that are sure to be a scream with the creepy crawlies that come knocking at your door.

- 1. Delay buying candy and only buy what you don't like.** Keeping candy on-hand all of October is not required and will only tempt you to sneak a treat. Try to buy the candy you find the least tempting just a day or two in advance.
- 2. Avoid chocolate candy.** Who can resist a mini-chocolate bar? How about 7 of them... People tend to over eat chocolate more than sour, gummy-textured or hard candies.
- 3. Eat a filling, healthy meal on Halloween.** Before your kids head out the door to go trick-or-treating make sure you've all had a healthy meal so there isn't a lot of room for candy.
- 4. Chew a sweet, sugarless gum.** You won't have room in your mouth for candy and the taste will help curb your sweet craving without adding calories.
- 5. Keep the wrappers.** Sometimes you can't help but give-in to the sweet temptation. If so, pick your favorite piece of candy and savor it instead of one bite try 3 😊. Also, keep the wrappers to remind you of how much you've eaten and hopefully they'll deter you from eating more.
- 6. Put the candy out of sight.** Set a limit on how much candy you and your children can eat and then put the candy away. Out of sight, out of mind!

Wanna go the extra mile?

- Here are some healthier treats to share with those ghouls and goblins:
- Halloween pencils
 - Stickers or temporary tattoos
 - Boxes of raisins
 - Sugarless gum
 - Packages of instant cocoa mix
 - Microwave popcorn
 - 100 calorie packs of snacks
 - Vampire teeth and other party favors

Recipe of the Week: Pumpkin Mousse

Prep time: 10 minutes

Cook time: n/a

Serves: 6

Ingredients

- 1 (4 serving size) package fat-free sugar-free instant butterscotch pudding mix
- ¾ cup low-fat milk
- 1 can (15 ounces) pumpkin puree
- 1 tsp ground cinnamon
- ¼ tsp ground ginger
- ⅛ tsp ground cloves
- 2 cups light whipped topping, thawed

Directions

1. In a large bowl, whisk the pudding mix and milk until slightly thickened.
2. Add the pumpkin, cinnamon, ginger and clove and whisk until well blended.
3. Gently fold in the whipped topping, one third at a time.
4. Pour ½ cup of the mousse into each of 6 serving dishes. Chill for at least 30 minutes before serving.

Source: <http://simple-nourished-living.com/>



Q: Why did the monster eat the light bulb?

A: Because he needed a light snack!

Nutrition Facts

Per serving:
 Calories – 100
 Total Fat – 3.5g
 Cholesterol – 20 mg
 Sodium – 170 mg
 Total Carbs – 14g
 Dietary Fiber – 1g
 Protein – 3g

