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Turn Halloween Tricks into Treats

As the weather cools down and children go back to school, store shelves are already lined with plentiful bags of tempting Halloween goodies.

According to the National Confectioners Association, ninety percent of parents admit to occasionally dipping into their children's Halloween haul. Even the most well-

intentioned adult can be swayed into buying sale-priced, bulk-sized bags of treats.

TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, has solutions to help navigate the unofficial kickoff to the "holiday eating season" and prevent a dietary disaster.

Bad
• Popcorn balls - Sugar

and corn syrup transform a previously high-fiber, low-calorie snack into calorie overload.

Better
• A 100-calorie pack of kettle corn - This portion-controlled snack has a hint of sweet without regret.

Bad
• Full-size candy bars - In general, the bigger the bar, the more calories it has.

Better
• A few "miniatures" of your favorite bar - Munch on a mini version of your favorite treat, but be careful to dole out a specific portion in advance to avoid overdoing it. Just seven mini Milky Ways has about the same number of calories as a full-size bar - and "snack-size" versions are even higher in calories. Moderation is key.



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