

HAPPY HALLOWEEN!

Greetings Everyone!

I wish you all a happy, fun and safe Halloween!

Here are some health and safety tips to help your child/grandchild/niece/nephew through the Halloween excitement:

Plan A: Foods to have available to try and deter those candy tastebuds :

An assortment of fresh fruit

Homemade Pumpkin/Apple/Banana Spice Muffins

A Few Pieces of Dark Chocolate as discussed below.

Hopefully your child will choose from these choices..... (if your child is not happy with the above choices ... We can try Plan B Below):

1. Have your child eat a well balanced meal before going trick or treating
2. Offer your child a piece of xylitol gum which has natural anti-cavity properties and may help to deter your child from eating candy
3. Remind your child not to eat anything until you have inspected everything in his/her bag
4. When your child returns home... Offer them a piece of fruit before you both sort through the candy
5. After all candy is sorted through, offer your child the choice of 3-5 pieces of the best candy that they "cannot live without" (this is what my youngest will tell me) and put the rest in the cupboard. Also, try to make a point of discarding chocolates that have hydrogenated fats and any sticky types of candies.
Sometimes when children are young, if you give them their 3-5 pieces of candy on Halloween night and then put the rest in a hidden cabinet ... Sometimes, out of sight....out of mind could be a wonderful thing. If this is not the case with your child, dividing the candy up (3-5 pieces) into ziploc baggies can be a great way of giving them only a little at a time. Another option is to make a trade for the candy I.e.: for every 10 pieces of candy they give upthey get to rent that movie they have been wanting to see etc.
6. If your teenager/child is a chocolate lover..... Offer them a small chunk of either Dagoba Dark Chocolate or the Trader Joe's Organic Dark Chocolate..... These options are very low in sugar and high in antioxidants.
7. Be sure your child brushes and flosses before bed - Halloween night especially - or those sugar monsters will be having their own party!

8. When all else fails make Banana Oatmeal Cookies - see attached recipe (if you are concerned about the caffeine in dark chocolate this would be a great place to add some carob chips to get that chocolatey taste)

9. Have fun.... Halloween is only once a year... Enjoy!

Holiday "Healthy Gift Baskets" are now available for all budgets! For more info:

<http://www.theroadtohealthyliving.com/>

Check out the Law of Attraction in Action:

<http://www.youtube.com/watch?v=GoGCaLul8ms&mode=related&search=>

Make it an awesome month!

All the best,
Trish Cardone

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Quotation: "We must become the change we want to see"
~Ghandi

I fully understand that Tricia Cardone, CN is not a medical doctor and I am not

here for medical diagnostic or treatment procedures.

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