

The York University Staff Association Health and Wellness News and Views

Oh the chill is in the air... Along with crazy costumes, cobwebs, ghosts and witches comes something many of us undoubtedly fear the most: aisles upon aisles of CANDY! Oh how we have been down this twisted haunted path before. How could something so tiny and cute derail our diet, right? We give ourselves every excuse in the book. But, it was on sale! Or I probably won't have time to buy it the day before so I should probably get it a few weeks in advance just to make sure... Whatever promises we make we always seem to find ourselves with a heap of delicious ghoully treats just waiting to be devoured.

This year don't be haunted by candy over indulger's remorse. There are a few tricks to dealing with treats. 😊



The best trick for keeping your Halloween candy calorie count under control? Knowledge... Once you have an idea of how many calories are in each fun sized piece you can make a conscious choice that won't undo your workouts. Just how much sugar is in that fun-sized Kit Kat bar? How many calories are in that tiny pack of Sweet Tarts? Well most full sized packages of candy have the nutritional information on the package; the treats that come home after a night of trick or treating do not. Here is a list of the most common Halloween treats and just what they weigh in at,

- Kit Kat: 73 calories
- Reese's Peanut Butter Cup: 80 calories
- Reese's Pieces 70 calories (ET's favourite)

- Skittles: 80 calories
- M&M's: 90 calories
- Candy Corn: 7 calories each (if you can eat just one)
- Snickers: 71 calories
- Tootsie Rolls: 23 calories
- Twizzlers: 50 calories
- Sweets Tarts: 50 calories
- Double Bubble Gum: 20 calories

As any true candy-craver knows, trying to pass up Halloween candy completely never works. It's okay to indulge, especially this time of year. Just remember to limit excessive intake or in other words, practice moderation. If you eat just one or two fun-sized treats that should be just enough to satisfy your wicked sweet tooth, without turning you into a "sugar Zombie".

Another trick is to remember that Halloween candy should be enjoyed instead of -- not in addition to -- other sweets. Limit other [sources](#) of sugar such as pop and other sweetened drinks, sugary breakfast cereals, cookies, and other desserts, while the Halloween candy is around.

Actually this is the perfect time to keep in mind in importance of moderation and mindfulness when it comes to eating. After all, there is Thanksgiving sort of kicks off the Holiday feasting season with Christmas right around the corner! YIKES!!!



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