



## Healthy Holidays

### HALLOWEEN

#### Spooky Sugars



During the holidays, most people consume more sugar than they realize! Eating or drinking too much sugar can lead to extra pounds or even obesity, thereby reducing heart health. Get healthy and stay healthy this Halloween by steering clear of added sugars.

Limit Added Sugar To:



25 g sugar



36 g sugar



## Tricks for Treats

**Up the fright factor.** Serve healthy snacks dressed up in the Halloween theme. There are lots of creative ideas being shared online at this time of year!

**Play with food.** Incorporate healthy foods into activities, such as decorating oranges like Jack-O-Lanterns, making banana ghosts, and bobbing for apples.

**Keep 'em moving.** Include plenty of physical activities, like a zombie dance party, three-legged monster race, spider crawl or pumpkin toss.

**Rethink your drink.** Don't forget that cutting back on sugary treats includes soda and sugar-sweetened beverages. Offer water, unsweetened tea, 100% juice, or fat-free/low-fat milk instead. Make a festive Halloween punch from sparkling water and a splash of 100% orange juice, garnished with plenty of orange slices and black grapes or blackberries.

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