

Choosing Tricks over Treats



Halloween is the time of year when refraining from eating candy becomes very difficult. Here are some tips and tricks to help you get over your sugar cravings this Halloween.

Procrastinate on purchasing your Halloween Candy - A study done at Google's New York office, "Project M and M" found that putting M&M's in an opaque container as opposed to glass containers curbed M&M intake by 3.1 million calories in seven weeks. They have also noticed that placing M&M's in a glass container caused the employees to eat 58% more M&M's. We recommend that you purchase your Halloween candy closer to October 31st. As the saying goes – out of sight, out of mind.

Eat before you trick or treat - Just like before doing groceries, eating before trick or treating can help curb your sugar cravings.

Track your treats – It is very easy to just have a mini chocolate bar here and there and then by the end of the day you may have eaten 6 chocolate bars without even

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noticing. Keeping a count on the amount of treats you had can give you a better insight on whether you are over indulging.

Drink plenty of water – Drinking plenty of water not only keeps you hydrated but can also curb your sugar cravings. Make sure to always have a water bottle nearby.

Celebrate - Halloween happens one time a year so give yourself an opportunity to reward yourself for healthy eating. Just make sure to pick an end date when the celebration is over and start it off with a run or cooking a nutritious meal.