

NUTRIGRAM

October 2008

Happy, Healthy Halloween

When most people think of Halloween they think candy—lots of candy. What most people don't realize is that Halloween is about more than the candy. Halloween began in Ireland where it was originally a day to honor the dead. Since the early 1900's Halloween has been about games, foods of the season, festive costumes and pumpkins—in pie, as jack o'lanterns or just the seeds as a snack. Pumpkins have been grown in North America for five thousand years. Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A and potassium. This Halloween do more than carve a pumpkin...

- ▶ Make a pumpkin pie.
- ▶ Toast some pumpkin seeds.
- ▶ Try some pumpkin soup.

Try some of these tips for a Happy, Healthy Halloween:

Some healthier treats to give on Halloween are:

- ▶ Dried fruit like raisins or banana chips
- ▶ Trail mix
- ▶ Granola
- ▶ Toys and games like Frisbees or jump ropes

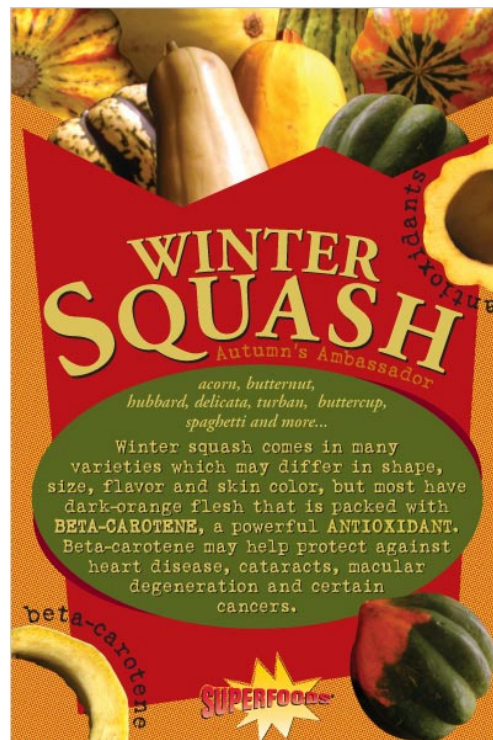
Tips for staying healthy with your Halloween candy stash:

- ▶ Don't eat it all in one day! It is tempting to have all of that candy around and not eat it. Ask your parents to hide your Halloween candy and only give you one or two pieces at a time.
- ▶ Work for your candy. Do 5 minutes of exercise before each piece of candy that you eat. Try jumping jacks, dancing or jogging in place.
- ▶ Alternate candy with fresh fruit as a treat. If you have candy on Monday, have an apple on Tuesday.
- ▶ Trade the candy for your dessert. If you usually have a sweet dessert after dinner or lunch, skip it on days that you have a piece of Halloween candy.
- ▶ Be good to your teeth. Missing teeth may be good for a jack o'lantern, but for people they can be a big problem. Be sure to brush your teeth after eating Halloween candy. This will help to prevent cavities.



BALANCED CHOICES®
for a healthy lifestyle

Monthly **SUPERFOODS** Promotion



Jennifer M. Ignacio, MS, RD
Nutrition Specialist
www.flikindependentschools.com

Answers to your questions online...

"Ask the Food & Nutrition Experts"

Flik
Independent Schools®