

Avoid scary calorie counts this Halloween

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Steer clear of sweet temptations or choose mini treats over fun-size, expert suggests.

(HealthDay)—Waiting until the last minute to buy Halloween candy is a good way to stick to a healthy diet and cut extra calories, an expert suggests, because if the candy isn't sitting around the house, you won't be tempted to eat it.

And those little bags of [candy](#) add up to extra pounds. For example, a 0.75-ounce "fun-size" bag of M&M's contains 100 calories and 3.3 grams of fat, according to a news release from EmblemHealth.

Dr. William Gillespie, a pediatrician and EmblemHealth's Chief Medical Officer, said taking the focus off candy altogether and concentrating on other [Halloween](#) activities—such as telling spooky stories and making crafts or costumes—is another way to encourage healthy choices.

Gillespie offered several other tips to ensure people of all ages enjoy a healthy Halloween, including:

- **Keep candy out of sight.** Once kids enjoy a night of trick-or-treating, put their remaining candy away so they will be less likely to think about it.
- **Toss extra candy.** Another way to limit the amount of candy kids eat is to allow them to choose a few of their favorites from their Halloween bag and get rid of the rest.
- **Don't be too restrictive.** If candy becomes a "forbidden" treat, it may be even more tempting.
- **Eat before trick-or-treating.** If kids fill up with a healthy meal or snack before they head out on Halloween, they may eat less candy.
- **Don't buy tempting candy.** Adults who buy Halloween candy for their home or office should buy treats they don't actually like so they are less tempted to [eat](#) it.
- **Don't supersize.** Buying miniature treats instead of candy that is snack size can help cut extra calories.

Here are a few examples of how choosing smaller candy can make a big difference:

- A mini 3 Musketeers bar has 24 calories, while the fun-size version has 70 calories.
- A mini Butterfinger has 45 calories, while the fun-size version has 100 calories.
- A mini Hershey's Milk Chocolate bar has 42 calories, while the fun-size version has 95 calories.

- A mini Kit Kat has 42 calories, while the fun-size version has 80 calories.
- A mini Snickers has 45 calories, while the fun-size version has 95 [calories](#).

More information:

The U.S. Centers for Disease Control and Prevention provides more [Halloween health and safety tips](#).

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