

Easter doesn't have to be a diet disaster

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Heart group offers tips for a healthier holiday.

(HealthDay)—Lots of chocolate and big family meals can make Easter a challenging time for people trying to control their weight.

But there are a number of ways to guard your health and enjoy this time of year, according to the National Heart Foundation of Australia.

Instead of buying a large chocolate bunny or egg for Sunday, choose smaller chocolate Easter [eggs](#). The calories in six mini eggs can be walked off in 40 minutes, while it takes nearly two hours of walking to burn off the calories in a 3.5-ounce [chocolate](#) bunny.

Don't buy Easter treats too early. If you purchase them closer to the holiday, you'll be less likely to eat them.

A fun activity for kids and adults alike is dying and decorating hard-boiled eggs.

Encourage everyone to be active during the holiday. Take a walk on Easter morning. Or, have egg and spoon races and an egg hunt. For the [egg hunt](#), you can use non-candy prizes, such as small toys or decorated hard-boiled eggs.

More information: The U.S. National Institutes of Health has more about [chocolate](#).

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