RecTip of the Week – 10/31/2012

Candy Crazy!!
In spirit of Halloween, this week’s RecTip focuses on the candy that won’t completely bust your healthy-eating plan! Also, now is a good time to get candy in miniature portions, which allow you in indulge without over-doing it. Halloween does only come around once a year – so take advantage...in a healthy way!

Looking for low fat?
*Choose 3 musketeers* – 1 fun size bar has 63 calories, 2 grams of fat and 11g of sugar. You can have 7 minis for only 170 calories!

Craving minty goodness?
*Go with a York peppermint pattie* – 1 pattie has 70 calories, 1 g of fat and 11g of sugar. They freshen your breath & help you de-stress. The scent of peppermint may help reduce anxiety levels.

Is crunchy your thing?
*Grab the fun size peanut M&Ms* – 1 pouch has 90 calories, 5g fat and 9g of sugar. The peanuts give this treat a little bit of protein, which is a nice addition to any snack.

CHOCOLATE BABY!
*Tootsie Rolls are the name of the game* – 3 pieces have 70 calories, 1.5g of fat, 9.5g of sugar. They are chewy chocolate goodness!

Feeling Corny?
*Candy corn is the MOST popular Halloween Candy – and my personal favorite* – 26 of those delicious kernels have 140 calories, 0g fat and 33g of sugar.

These candies made the “Worst” List:
- Fun-sized Butterfinger (100 calories a piece)
- Fun-sized airheads (140 calories for 3; and contain unhealthy trans fats!)
- Reese’s Peanut Butter Pumpkins (170 calories per pumpkin, 2/3 more than in a regular Reese’s cup!)

Sources:
[http://www.womenshealthmag.com/nutrition/healthy-halloween-candy](http://www.womenshealthmag.com/nutrition/healthy-halloween-candy)