



Tricks and Treats for Halloween



Halloween can be a difficult time to control the intake of candy, for both children and parents. Candy can be incorporated in to the meal plan with careful planning and monitoring of portion size. Just watch out for the amount of carbohydrate and fat hidden in the treats, and do not be tricked by the small packages.

Tips for Trick or Treating

Trade the large candy bars for small trinkets

- Key chains, pencils, stickers, markers, crayons
- Barrettes, hair ribbons, jewelry
- Action figures, matchbox cars, and trucks



Trade the candy for a special predetermined present

- A family outing (dinner, movies, miniature golf, bowling, zoo, park, hike, etc...)
- A toy, video, computer game, or CD
- Money or gift certificate
- A new outfit

Giving out small toys or trinkets at your house instead of candy

- Give non-candy treats to your neighbors who you and your child will be visiting on Halloween
- Non-candy treats: stickers, yo-yos, Halloween tattoos, light sticks, spider rings, fangs, etc...

Healthy Halloween Treat Recipes



Jiggly Graveyard Cups

Yield 6 servings

Graveyard base: 2 packages sugar free berry colored gelatin

Jell-O Jiggler Goblins: 2 packages sugar free gelatin (try lime or orange)

Decorations: Lite Cool Whip, raisins, sugar free candies, Halloween cookie cutters

1. Base: Make the gelatin according to the directions. Pour into 6 individual glasses. Refrigerate them until cool.
2. Goblins: Make the gelatin, but use only the amount of water you would for one box. Pour into cookie sheet with sides or a pan. Cut with your favorite Halloween cookie cutter
3. Form ghosts with cool whip in glasses by placing a dollop (2 tbsp). Use raisins as eyes. Place the Halloween cutouts around the ghost.

Nutrition Analysis for each serving: 6 grams carbohydrate

Super Snack Mix

Yield: 10 servings

- 1-cup Cheerios
- 1-cup Chex cereal
- 1-cup raisins
- 1/2-cup M&M's
- 1-cup pretzels
- 1-cup Oat Squares



Mix together and place in 1/2 cup portions in plastic bags.

Nutrient Analysis each serving: 32 grams carbohydrate, 3 grams protein, 3 grams fat, 2 grams fiber

Dracula's Blood Pudding

Yield: 6 servings

- 1 package sugar free vanilla instant pudding
- 1 1/2 cup 1% milk
- 1 cup Lite Cool Whip whipped topping
- 1/3 cup All Fruit seedless raspberry jam, stirred through



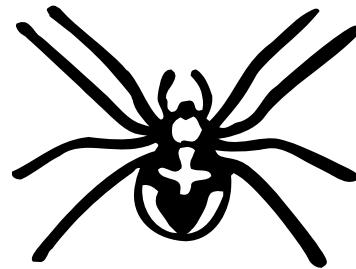
Prepare the pudding according to the package directions, using 1 1/2 cups milk. Before serving using a rubber spatula, fold in the whipped topping until almost blended. Spoon into 6 individual bowls. Spoon some jam into each pudding and stir slowly.

Nutrition Analysis for each serving: 20 grams carbohydrates, 2 grams protein, and 1 gram fat

Spider Pretzels

For each spider you need:

- 2 round crackers
- 2 teaspoon smooth peanut butter
- 2 raisins
- 8 small thin pretzel sticks



With the peanut butter, make a cracker sandwich; Insert the 8 pretzel legs into the filling. With a dab of peanut butter set the two raisin eyes on top.

Nutrient Analysis each spider: 7 grams carbohydrate, 3 grams protein, 7 grams fat, 1 grams fiber

Recipes adapted from Family Circle, Family Fun and Parents Magazine