

Title:

Keep Your Diet in Check on Halloween

Word Count:

453

Summary:

Halloween is often a difficult time for dieters. Not only does it mark the start of the winter

Keywords:

Halloween Costumes, Halloween costume, Costumes

Article Body:

The biggest problem with these Halloween sweets is that they have plenty of calories per serving.

Beyond candy, Halloween is also filled with other indulgent treats. Whether it is pumpkin pie,

What can you do?

Obviously, there is no way that you can totally eliminate candy from Halloween with spoiling a

- Walk when trick-or-treating. Not only is it a good idea to supervise your kids while t
- Store leftovers in the cupboard. If you leave the Halloween candy out in plain sight,
- Wait until Halloween to buy candy. Yes, it does mean a little bit of last minute shopping.
- Provide candy alternatives. Whether it is treats for the trick-or-treaters or munchies.
- Give Halloween candy a deadline. Choose a date when all Halloween candy needs to be out.
- Focus on other activities. If you can, consider skipping trick-or-treating altogether.

Of course, if you can't keep your Halloween temptations to a minimum, your other alternative is

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