

IN THE KNOW ABOUT NUTRITION

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Healthy Halloween Treats and Eats

Halloween is just around the corner, but that doesn't mean you have to be spooked by the sweets your child/grandchild will be consuming, or that you will give away. With preparation and help from Healthy Texas' Dinner Tonight, you can ensure that children make smart, healthy choices this Halloween.

The holidays are a perfect time to have valuable teaching lessons with your child/grand child about the importance of eating in moderation and what can happen if you consume too many sweets. This Halloween, Elaine Montemayor-Gonzalez with Texas A&M AgriLife Extension, recommends explaining to your child/grand child that the candy they receive while trick or treating does not have to be eaten all at once, but can be spread out over time. Rather than keeping all the candy, you can also have your child/grand child pick out their personal favorites and then donate the rest to a food bank or put in a care package to be sent to those serving our country overseas.

Not all Halloween treats have to be candy, either. Instead offer something that provides health benefits and has nutritional value. The Academy of Nutrition and Dietetics recommends mixing in healthy alternatives in your candy bowl that are full of whole grains, vitamins, 100 percent fruit juice, and fiber. Below are some examples you can find at your local grocery store for healthier Halloween Treats to give:

1. Whole-grain cheddar flavored crackers
2. Fruit snacks made with 100 percent fruit with added vitamin C
3. Fruit leathers made with 100 percent fruit
4. Sugar-free gum

5. Animal crackers made without trans fat
6. Mini rice cereal bars
7. Cereal bars made with real fruit
8. Individual fruit cups
9. Mini 100 percent fruit juice boxes
10. Low-fat pudding
11. Mini bags of pretzels

The Academy of Nutrition and Dietetics also recommends avoiding snacks that contain nuts in case a child suffers from food allergies. In such circumstances, non-food treats such as pencils, erasers, stickers, or tattoos can act as a fun alternative.

In addition to limiting the amount of sweet treats your child eats this Halloween, finger foods are also a great option and help to encourage healthy eating, says Montemayor-Gonzalez. Dinner Tonight's Butternut Squash Nachos are the perfect Halloween treat packed full of vitamins and flavor. You can also get creative by making a jack-o-lantern out of cantaloupe, kiwi and blackberries, or a skeleton out of veggies and a low-fat dip. To learn more about the recipes, visit <https://bit.ly/2P7avj5>

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Sources:
<https://www.catright.org/health/lifestyle/holidays/enjoy-a-healthy-and-happy-halloween>

<https://dinnertonight.tamu.edu/recipe/butternut-squash-nachos/#more-3904>

TEXAS A&M
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HEALTHY HALLOWEEN

Treats and Eats




DONT'S

Don't eat the candy received from trick or treating all at once.

Don't eat candy that is full of artificial flavors, colors, and sweeteners.

Don't make treats that contain nuts just in case a child has a food allergy.

DO'S

Spread out the candy over a period of time and donate what isn't consumed.

Mix in healthy alternatives in your candy bowl.

Make finger foods that are fun and easy to access to encourage healthy eating options.

Easy Orange Pumpkin Pie

8 servings

¼ cup packed brown sugar
 ¼ cup quick-cooking oats
 1 tablespoon margarine, softened
 1 can (16 ounces) pumpkin
 1 can (12 ounces) evaporated skimmed milk
 3 egg whites or ½ cup cholesterol-free egg product
 ½ cup sugar
 ½ cup all-purpose flour
 1½ teaspoons pumpkin pie spice
 ¾ teaspoon baking powder
 ⅛ teaspoon salt
 2 teaspoons grated orange peel
 nonstick cooking spray

1. Preheat the oven to 350 degrees. Wash your hands well with soap and hot water.
2. In a small bowl, mix the brown sugar, oats, and margarine. Set aside.

3. Spray a pie plate (10 x 1 ½ inches) with nonstick cooking spray. Set aside.
4. Place the pumpkin, milk, egg whites, sugar, flour, pumpkin pie spice, baking powder, salt, and orange peel into a blender or food processor. Cover, and blend or process until the mixture is smooth.
5. Pour the mixture into the pie plate. Sprinkle with the brown sugar mixture.
6. Bake 50 to 55 minutes, or until a knife inserted in the center comes out clean.
7. Cool 15 minutes, and then refrigerate about 4 hours or until chilled.

Nutrients per Serving

Calories 190; Carbohydrates: 37 grams; Cholesterol: 0 milligrams; Fat: 2 grams; Protein: 7 grams; Sodium: 170 milligrams
 Exchanges: 1.6 Bread/Starch, 1.5 Other Carbs/Sugar, 0.4 Meat, 0.2 Fat
 Source: Cooking Well with Diabetes: Tastes of Texas, Tx A&M AgriLife Extension Service, "Do Well Be Well with Diabetes," 2005

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