

Leila Newsletter October 2017

Managing the Candy Stash

By Laura Creek Newman, RD

Halloween has passed for another year, the costumes and decorations are put away but for many, the candy remains. Even if one doesn't have kids that will bring home a candy stash, there are often many sources of leftover goodies that are tempting and lead us to eat in ways we're not happy about. So to curb the mindless candy snacking for the next month, try out some of these tips and tricks:

- Avoid the after-holiday sales (a.k.a. don't bring more candy into the house). Some stores will try to get rid of their Halloween stock at a discounted price. Most of us are tempted by discounted prices and we're more likely to make impulse purchases if we think we're getting a great deal, so shop prepared. It can be helpful to avoid shopping the day after Halloween, use a list when shopping, and ask yourself of whether or not you would have purchased this same item on any other day.
- Out of sight to be out of mind. Candy open on the counter is a constant trigger for us to start snacking. Keep the candy in the pantry, in a closed container, or even on another floor of the house to remove the visual temptation.
- Get the extras out of the house. If you have candy leftover, find creative ways to get it rid of it. Share some with others who would like a couple sweets, freeze some, donate some, or throw away the extra if you have no other ways to get rid of it. While it may seem wasteful, remember that these are not highly nutritious foods and consider the cost or consequences of eating a lot of extra treats. Also, try not to move it to places where you're likely to nibble or snack on it, like the car or the office. It may be helpful to talk to others in the workplace about not bringing treats to work.
- Engage mindful eating practices. When you do eat some of those treats, take time to really savour them. Try eating them slowly, or even nibbling, to more fully experience the food. Avoid eating the treats while you're doing other things; if we aren't paying attention to the food, we are less satisfied and often go back for a lot more than we expected. Only keep treats you truly enjoy to get the most out of your snacking.

Hoping everyone enjoyed the sweet-filled holiday and best wishes for getting back to regular, balanced, eating.

Dietician Services are free to clients of Leila Pharmacy.

Contact us For more Details