



EATING 101


RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Don't Let the Treats Trick You


Double, double, toil and trouble! Halloween is a time for scary movies, costume parties, haunted houses, and of course, hauntingly indulgent candy. Halloween candy is calorie dense and does not offer many nutrients, which is why candy is often referred to as having empty calories. This might sound spooky, but with our *tricks* you can *treat* yourself to a healthy Halloween in Rutgers dining facilities.




Halloween is one day out of the year, so go ahead and enjoy your treats in moderation. The FDA recommended Daily Value for added sugar is less than 50 grams, which is about five Fun-Sized candy bars. Get the most out of these mini treats by mindfully using your sense of sight, smell, taste, touch, and sound to enhance the experience of eating your candy.

If you are looking for an alternative to candy (with a few extra nutrients), try a small handful of dried fruit for the chewiness of Twizzlers and other iconic Halloween candies.

Rutgers Dining facilities offer a medley of dried fruits including pineapple and raisins. For a refreshing taste of Autumn, try dried apple slices.



Nothing screams Fall like a crisp apple! Instead of dunking for apples in water, try dunking apple slices into peanut butter. Slice an apple, spread a tablespoon of peanut butter, and top with mixed nuts or a sprinkle of cinnamon for the perfect Fall snack to satisfy your sweet tooth with extra nutrients.



Just creepin' it real this Halloween!

Revised by: Rachel Ho

Reviewed by: Dr. Peggy Policastro, RDN-Dining Services/IFNH

References: *Tips for a Healthy Halloween Party*. Available at: <https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/tips-for-a-healthy-halloween-party>. Accessed on: 9/27/2023.

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