

# Trick or Treat?

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Fall is upon us and with it comes the feeding frenzy! It starts with Halloween and ends after the New Year! Yikes! So what do we do to navigate through this celebratory season?

Being mind-full right out of the gate may just determine your success. So when the Halloween candy shows up on your kitchen counter, your co-workers desk and every other service or business office you pass by you may want to think twice before grabbing just one or two pieces of candy!

When it comes to chocolate lovers, Snickers, Reese's Peanut Butter cups and Kit Kats are all popular giveaways. If you consume two Snickers fun-size bars, that's 70 calories, 8 grams of fat and 17 grams of sugar. Go for a single Reese's Peanut Butter cup and that'll be 110 calories, 7.5 grams of fat and 11 grams of sugar. If you eat three, two-piece Kit Kat snack-size packs, that's 210 calories, 11 grams of fat and 21 grams of sugar. For the M&M's lovers, a single fun-size pack has around 73 calories, 2.6 grams of fat and 9.6 grams of sugar.

Maybe chocolate is not your thing; you're going straight for the sugar instead. If that's the case, you may be looking for some Sweet Tarts, Tootsie Pops, Jelly Belly or Mike and Ike in the bottom of your trick-or-treat sacks.

Get to the center of a Tootsie Pop? That's a fat-free, 60 calories and 10 grams of sugar. And that snack-pack of Sweet Tarts is also fat free with 50 calories and 12 grams of sugar.

So, next time you go by that candy, keep walking! Start the season off right by grabbing a fresh, crisp apple which is the best this time of year! Avoid mindlessly grabbing the extra treats that may trick you into a cascade of sugar and fat. Eat that apple and set yourself up for SUCCESS!!

Contact [Sullivan Benefits](#) for assistance with educating your employees and family members about nutrition, exercise and fitness.

Congratulations, just taking the time to read this article is a positive step toward introducing wellness and the benefits available from a healthier lifestyle. Thank you for your time and THINK WELLNESS!