



NICOLE MEADOW, MPN, RD

# M NUTRITIONWISE MONTHLY

OCTOBER 2008

## HAVING A HAPPY, HEALTHFUL, FUN AND SAFE HALLOWEEN

With Halloween around the corner, here are a few tips for a happy, healthful, fun and safe Halloween for you and your family:

1. Consider non-food goodies to pass out to trick-or-treaters (pencils, erasers, stickers, bubbles, toys- make sure that the toys are safe from any choking hazards for young children). This conveys a much more healthful message to our kids and is also helpful for children who have food allergies and other medical conditions. If you can't totally give up the candy treats, at least consider having an alternative!
2. Eat a healthy meal or snack before going trick-or-treating: It's important for children to eat a healthy meal or snack before trick-or-treating so that they're not collecting all that candy on an empty stomach.
3. Be sure and inspect the goodies: When children get home, go through the goodies and make sure your children only save the ones that are unopened. Also inspect their bag for anything suspicious.
4. Teach you children the value of moderation:

(CONTINUED ON BACK)



## HERE ARE SOME IDEAS FOR NON-FOOD HALLOWEEN GOODIES

- » playdough
- » pencils
- » pens
- » erasers
- » stickers
- » mini bubbles
- » crayons
- » cool pins (for teens)
- » play animals
- » plastic rings
- » keychains



\*If your child has food allergies, consider going to the houses where your child will be trick or treating and providing them with safe "goodies" so that when you arrive at the door it can still be a fun time for everyone!

Consider giving up the typical Halloween fare this year and take a trip to the 99 cent store, Target or place an order online at Oriental Trading Company.

(CONTINUED FROM FRONT)

A big part of Halloween fun is going out to trick-or-treat and collecting candy. Instead of restricting children from enjoying Halloween goodies, use this occasion as a way of teaching children the value of eating in moderation. Have your children choose a few of their favorite goodies and then save the rest for later. It can also help to have a plan in place before you go trick-or-treating, which can include allowing your child to choose a few treats that he can eat right away, and then putting the rest of the treats away and rationing them for the coming weeks and months.

5. Since a lot of the fun is going out and getting the candy on Halloween, you might allow your child to 'trade it in' for something else they want, like a new game or toy.
6. Remember, there are no "bad" foods, only poor diets. A little extra candy and cookies on Halloween aren't "bad." You simply don't want to allow your children to eat too much of those foods, too often!
7. Remember to brush: Brush your teeth as soon as possible after eating food high in sugar and carbohydrates, especially sticky, gummy foods like caramel candies and raisins.

## NUTRITIONWISE NEWS FLASH

Coming soon... NutritionWise will have a second office location in the Santa Clarita Valley! Stay tuned for details.



## Upcoming NutritionWise Events

All classes are held at 16055 Ventura Blvd Suite 420, Encino, CA 91436 and are \$35 (unless noted)

October 16 | 6:30 - 8:00 pm  
First session of **embody** - a 6 week education and support group for kids (ages 8-14) and families. \$600 for the 6 week series.

October 21 and 25 | 10 - 11 am  
Prenatal Nutrition Class  
Register online [www.nicolemeadow.com](http://www.nicolemeadow.com)

October 27 | 7 - 8 pm  
Nutrition for Breastfeeding and Beyond  
Register online [www.nicolemeadow.com](http://www.nicolemeadow.com)

November 6 and 8 | 10 - 11 am  
Babies First Foods  
Register online [www.nicolemeadow.com](http://www.nicolemeadow.com)

November 10 | 10 - 11 am and 7 - 8 pm  
Introduction to the Gluten Free Diet



## ABOUT THE AUTHOR

NutritionWise is a group of Registered Dietitians including Nicole Meadow, MPN, RD (pediatric dietitian) and Patricia Novak, MPH, RD, CLE (pediatric dietitian). Please visit [www.nicolemeadow.com](http://www.nicolemeadow.com) for more information or call (818) 304-1876 to schedule an appointment.

*The information contained in this newsletter is not intended as a substitute for medical advice. See your physician and/or Registered Dietitian for individual health and/or dietary concerns.*