



Is There Still Candy in the House? Let's Talk Sugar.

Do you still have a bowl of halloween candy on your counter? Are you finding little candy wrappers tucked between couch cushions? Before you reach for "just one more," let's take a closer look at how much sugar we're really eating, and how much sugar is okay in moderation.

How Much Sugar Is Too Much?

The American Heart Association recommends limiting added sugars to no more than 25 grams (6 teaspoons) per day for women and children and 36 grams (9 teaspoons) for men. While kids younger than 2 should avoid sugar entirely. Six to nine teaspoons may sound like a lot, but it really adds up fast!

To put that in perspective:

- A fun-size Snickers has about 8.5 grams of added sugar.
- A Reese's Peanut Butter Cup? Around 10 grams.
- A handful of Skittles? Roughly 17 grams.

So a couple of pieces can already put you near, or over, your daily limit.

What's the Big Deal with Sugar?

Sugar gives us quick energy, but too much (in the form of added sugar) can cause energy crashes, cravings, and, over time, contribute to inflammation, weight gain, and higher risks for diabetes and heart disease. Plus, those sugar highs (and lows) don't do our mood any favors.

How to enjoy some candy

It's all about balance and timing. If you're craving something sweet, enjoy a treat; just be mindful. Enjoying candy after a meal or a protein-rich snack (as opposed to on an empty stomach) can help prevent blood sugar spikes and crashes, and keep you satisfied longer. Another idea is to pair candy with a walk or a fun activity. The key is to make candy an occasional treat, not a daily habit.

A reasonable amount of candy depends on your overall diet and health goals, but moderation is key. For most people, enjoying a small portion, like one or two fun-size pieces or a couple of bites, on occasion can fit into a balanced diet without causing sugar overload. Other people have to avoid sugar altogether because it tends to trigger a sugar binge. Think about strategies that work for you and fit into your personal health goals.

Smarter Swaps & Sweet Alternatives

If the candy stash is calling your name, try these alternatives:

- Dark chocolate (70%+)
- Fresh or frozen fruit (grapes, berries or mangos)
- Greek yogurt with honey
- Dried dates with nut butter
- Lightly sweetened tea or decaf coffee with milk

The bottom line

You don't have to toss the candy bowl, but you don't need to finish it either. A little mindfulness goes a long way. Savor your sweets, stay hydrated, and let balance, not sugar, keep life sweet.

One Minute Apple “Pie”



The flavor of apple pie, without any added sugar!

Ingredients (serves 1-2):

- 1 apple (any variety you like)
- A sprinkle of cinnamon
- Optional: a few chopped nuts or a spoon of plain yogurt on top

Instructions:

1. Slice the apple thinly.
2. Place apple slices in a microwave-safe bowl or mug (or small pan if sautéing).
3. Sprinkle with cinnamon.
4. Microwave for about 1 minute (or sauté on the stove for 3–4 minutes) until soft and fragrant.