

MedwellNews

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MINDLESS TO MINDFUL

From the multitude of candy corns to the bright orange pumpkin cupcakes, the food dyes are marching in full force and leading the holiday season parade!

This Halloween, make the choice to eat clean by not consuming foods with fake ingredients. By doing this, you will cut out a lot of that mindless munching that takes place during the Halloween season.

Start here:

- Say goodbye to candies that contain artificial food dyes.
- Do not consume foods that contain high fructose corn syrup.
- Steer clear of vanillin.

It's happening ... Many food companies are cleaning up their products. In fact, Hershey's chocolate has removed vanillin and other artificial ingredients from their candies.

It is also important to place sugar in its proper context. The World Health Organization recommends consuming no more than six added teaspoons of sugar a day (an equivalent of 24 grams of added sugar). Check your food labels and make a conscious choice to stay under 24 grams of sugar per day.

If you would like a sugar control guide to help you, email Rita at: rita@willclower.com

RECIPE ♀ THE MONTH



Peanut Butter Cups

You'll Need

- ½ cup dark chocolate chips (the darker the better)
- 8 teaspoons peanut butter
- Muffin tin

Directions:

- On a stove top in a double broiler, melt the chocolate.
- Place approximately 2 teaspoons of melted chocolate in the bottom of each muffin cup so that the chocolate covers the bottom of the muffin cup. Freeze the muffin tin until chocolate hardens—about 5 to 7 minutes.
- Remove tray from freezer. Spread 1 teaspoon of peanut butter over the chocolate. Gently smooth out.
- Cover peanut butter with approximately 2 teaspoons of chocolate. Freeze again.
- When hardened, pop peanut butter cups out of muffin tins and enjoy, or place in an airtight container and refrigerate.

WELLNESS NEWS OF THE WEIRD



Talk about a frightening occurrence...According to the NDP Group (a group that conducts market research on eating trends), 4% of all candy consumed in America will be consumed on Halloween!

HAPPY CHOCOLATE DAY!

On October 28, many Americans will celebrate National Chocolate Day. This day celebrates anything chocolate. Isn't it convenient that it's so close to Halloween?

How do we enjoy America's favorite flavor in a healthy way? Start by choosing a dark chocolate bar made up of all natural ingredients. Choose a bar that is at least 65% or higher cocoa (the higher the better).

After you finish a meal, end it with a dark chocolate square (about a half an inch by a half an inch) and allow it to melt in your mouth which means NO TEETH allowed!

Many times after a meal, we feel like we just want something else. Sometimes, 20 to 40 calories in the form of dark chocolate can help to prevent us going in for another 200 calories of food from the meal. Give dark chocolate a try ... we dare you!

PLAN AND SURVIVE

We're all aware that the sugar bomb goes off this month! It can create some stress in our lives if we do not have a plan. We know that there are going to be candy bowls filled in the office and our children are going to be bringing it into the home. We must remember ... deprivation is the door to overconsumption, so let's create a plan! Try these "Halloween survival tips."

- Allow yourself to have one treat per day.
- Talk with the children and make a plan of what can stay in the house and what has to go away.

ASK WILL

I notice soy lecithin as an ingredient in a lot of chocolate bars out there. What is it and is it an okay ingredient to consume?

Lecithins are oily substances that occur naturally in plants such as soybeans and also in egg yolks. Often it is used as a food additive due to its emulsification properties. For example lecithin help keep the cocoa butter and cocoa together in chocolate bars.

Soy lecithin is a byproduct of soybean oil production. Soy lecithin is sometimes extracted chemically and some soybeans are genetically modified causing concern. If these are concerns for you, you may want to choose organic soy lecithin or simply limit consumption of this product. While there are various opinions on whether this ingredient is safe to consume, a middle of the road approach seems to be limiting the amount of foods you eat that contain it. If you are enjoying a chocolate bar that contains soy lecithin the amount consumed, in



the big picture, is small, especially if you're limiting consumption of other processed foods that contain this ingredient.



HAVE A QUESTION?

Email him:
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