

show+tell

dig in!

The Candy Decoder

We've got the lowdown on the good, the gross, and the downright dangerous in your kiddo's Halloween haul. And don't worry, there's plenty of sweet among the treats!

BY HOLLY PEVZNER

Easiest Upgrade

PEANUT BUTTER CUPS

A crowd-pleaser! No one will TP your yard if you dole out a de-junked version. We love The Double One by UNREAL. These babies have no artificial ingredients, preservatives, hydrogenated oils, or corn syrup. (\$5 for 12, Target)



Healthiest Chocolate

MINI DARK CHOCOLATES

"These offer automatic portion control, plus healthy antioxidants," says Kristi King, R.D., of the Academy of Nutrition and Dietetics. Mix together milk and dark Hershey's Kisses to ease kids into the stronger flavor. (\$3 for 12 oz, Walmart)



Best for Allergies

GUMMIES Halloween is tough for allergic kids, so it's nice to have something just for them. Many gummies are free of top allergy offenders: milk, eggs, soy, nuts, and gluten. We like Annie's Homegrown Organic Bunny Fruit Snacks. (\$15 for 20 packs, grocery stores)



Best Savory Bite

POPCORN "It's a whole grain with all the proven health benefits," says pediatrician Jennifer Gardner, M.D. For trick-or-treaters, try Smartfood Popcorn, which comes individually packed. (\$16 for 50 bags, Target stores)



Top Treat for Teeth

GUM "Sugar-free gum creates saliva to help clean out germs and sugar," says King. Orbit for Kids Micropacks come in fun personal-sized packs. (\$4 for 10, grocery stores)



Want to deter little hands from digging into the trick-or-treat bowl before the 31st? Keep it in the freezer!



Most Fun Non-Candy

VARIETY BOX "Kids love getting stickers, tattoos, bubbles, and little toys," says Dr. Gardner, "so I always have a non-food option." The Halloween-themed Cauldron of Favors is an easy buy. (\$10 for 55 pieces, Party City)



These side effects may go away with rest. **Tell your healthcare provider if you have any side effect that bothers you or that does not go away.**

These are not all the possible side effects of the EpiPen or EpiPen Jr Auto-Injector. For more information, ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects.

How should I store the EpiPen and EpiPen Jr Auto-Injector?

- **Do not** expose to extreme cold or heat. For example, do **not** store in your vehicle's glove box and do **not** store in the refrigerator or freezer.
- The solution should be clear. If the solution is discolored (pinkish or brown color) or contains solid particles, replace the unit.
- Always keep your EpiPen or EpiPen Jr Auto-Injector in the carrier tube to protect it from damage; however, the carrier tube is not waterproof.
- Your EpiPen or EpiPen Jr Auto-Injector has an expiration date. Replace it before the expiration date.

General information about the safe and effective use of the EpiPen and EpiPen Jr Auto-Injector:

Do not use the EpiPen or EpiPen Jr Auto-Injector for a condition for which it was not prescribed. Do not give your EpiPen or EpiPen Jr Auto-Injector to other people.

Important Information

- **Your auto-injector is designed to work through clothing.**
- **The blue safety release on the EpiPen and EpiPen Jr Auto-Injector helps to prevent accidental injection of the device. Keep the blue safety release on until you need to use it.**
- **Only inject into outer thigh. Never inject into any other part of the body.**
- **Never put your thumb, fingers, or your hand over the orange tip. The needle comes out of the orange tip.**
- **If an accidental injection happens, get medical help right away.**

Manufactured for:

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EPIPEN 2-PAK® EPIPEN Jr 2-PAK®
(Epinephrine) Auto-Injectors 0.3/0.15mg



How to Sort Their Stash

Not all candies are created equal. See "Short-Circuit the Sugar Rush" (below) for how to avoid an all-out binge on Halloween night. Then go through that plastic pumpkin and pick your battles.

to keep

to toss

Lollipops "They last longer than most candies, making kids think they've eaten more than they really have," says King. A great over-indulge deterrent.

Hard candies Thanks to their size, texture, and shape, these slippery goodies can way too easily block a child's windpipe. Kids under 5 are especially at risk.

Candy-covered nuts

"Nuts are a good source of healthy protein, fiber, antioxidants, vitamins, minerals, and heart-healthy unsaturated fats and omega-3s, making them a fantastic Halloween treat," says Dr. Gardner. And, yes, run-of-the-mill Peanut M&M's count!

Taffy and caramel candies

Sticky, chewy candies get stuck in kids' teeth. "The longer a food sticks to their teeth, the longer bacteria can feed on it," says Timothy Chase, D.M.D. **If your tot must eat these, save them for at home (not the lunch box), so he can brush and floss right after.**

Covered raisins Raisins are naturally sweet, nutrient-dense, and packed with antioxidants, vitamins, minerals, and fiber, says Dr. Gardner. "Even with the yogurt- or chocolate-covered variety, kids will at least get some fruit in their tummies!"

Candy corn These are by far the worst novelty candy out there. They might as well just be called sugar kernels! Or, more accurately, high-fructose corn syrup kernels. Add a dollop of wax and artificial colors and, voilà!—one of the junkiest treats around.

Short-Circuit the Sugar Rush

No parent wants to be the Halloween equivalent of the Grinch, but you don't want your kiddos bouncing off the walls and complaining of bellyaches either. Here's how to keep spirits high and GI issues low:

• Eat First

Feed your kids a well-balanced dinner that includes a lean protein, a healthy starch, and plenty of vegetables before hitting the road.

• Set Binge Rules

Before heading out, decide and discuss how much candy they can eat that night. "I'd say 5 to 10 pieces max," says King. One to two a day after that is a good goal.

• Buy Some Back

"I usually recommend that parents have their children pick out their favorites and sell the rest back to Mom or Dad for one to five cents per piece," says King.

