



NO SHORTCUTS NO REGRETS

Presented By: LCA Athlete Development

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Nutrition Candy Facts!

These serving amounts of candy add up to 100 calorie. All of these candies are snack size or mini.

- 3 ½ Twizzlers
- 5 Starburst
- 8 Dots
- 13 ½ Candy Corn
- 28 M & M's
- 60 Smarties
- 1 2/3 York Peppermint Patties
- 2 Twix minis
- 1 ½ Kit Kats
- 3 Milky Way Midnights
- 1 ¼ Snickers
- 4 (3 Musketeers
- 4 ½ Tootsie Rolls

Try serving something healthier.

- Dark Chocolate – is an excellent source of antioxidants.
- Granola bars
- Trail mix
- Yogurt or carob covered raisins.
- Almonds, Peanuts, or other nut mixes.
- Pretzels
- Fruit bars such as Fig Newton's

ARC

Athlete
Recovery
Center

Try our fruit smoothies and protein drinks.
Ask for Hailey or Shannon



Halloween Information



Halloween is the number one holiday for candy sales. 598 million pounds of candy was sold during the Halloween season last year, which is the single biggest holiday for chocolate candy, according to Nielsen.

Sales will near 2.1 billion dollars this year! That is up almost 3 percent since last year and there is reason to believe this increase will continue.

America will spend \$9 billion on Halloween with the average U.S. house hold spends \$20.39 on Halloween candy.

Halloween is responsible for ¾ of candy corn's annual sales. Nearly 9 billion pieces of candy corn are produced annually. Americans are expected to purchase 20 million pounds of the corn shaped treat for Halloween. October 30th is national Candy Corn Day.



93% of kids go trick-or-treating. With children obesity on the rise we need to watch how much and what candy our kids eat this holiday season. Try to keep things in moderation or have your kids eat healthier snacks. Even try serving healthier snacks to the trick-or-treaters.

Supplement of the Week



Vitamin D is essential in the proper absorption of calcium. It provides maximum strength for bone and joint protection. It may also support colon and prostate health, breast health and immune system strength. People limited to sun exposure, elderly people and darker-skinned individuals are more recommended to take the supplement.

- Children to 50 should have 400 IU a day
- People over 50 should have 400-800 IU a day
- People 60-70 should have at least 600 IU a day



Try Eating Better at Fast Food Places.

Item	Calories	Fat	Carbs	Protein
Chili Cheese Burrito	330	13	37	13
Gordita Supreme w/beef or grilled steak	300	14	27	17

www.fastfoodnation.org

Recipe of the Week!

Pumpkin Crab Soup

- 1 large onion chopped
- ¼ cup of Smart Choice butter
- ½ tsp of curry
- ¼ tsp turmeric
- ¼ tsp cumin
- 16oz. caned pumpkin
- 1 ½ tsp salt
- 2 cups of half and half
- 2 ½ cups chicken broth
- 1lb. of crab
- Dash of ground cloves
- Dash of Tabasco sauce

1. Sauté onions in butter
2. Add curry, turmeric, and cumin
3. Stir in pumpkin and salt
4. Add half & half, stirring constantly
5. Add chicken broth and bring soup to medium heat
6. Add crab, cloves, and tobacco sauce. Keep at a constant temperature and stir occasionally.

You can serve this immediately or you can freeze.

ENJOY!