



SUGARCOATED: THE CANDY MAN EDITION

The onslaught of Halloween trick or treaters is over! Now, the candy hoarding begins. Whether your household knows the [Switch Witch](#) or if you levy a parent tax on any new candies brought into your home on Halloween night, it stands to reason there is a newly piled surplus of sugar in your home this week. (Maybe we shouldn't address the monstrous sale on overstuffed Halloween candy available in the grocery aisles as you read this.) How do you tackle all of this delicious, sugary, unhealthy goodness? Let's take a look at how to process it all.

BY WRNW

TRICK OR TREAT

I WANT CANDY

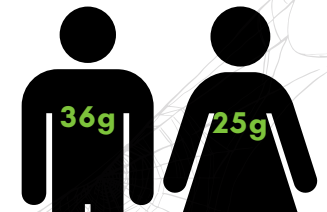
Let's [identify the sugar content](#) of some of our favorite Halloween treats.



POUR SOME SUGAR ON ME

How much sugar is recommended on a daily basis? The [American Heart Association](#) says men should consume no more than 150 calories, or 36 grams, of sugar per day. Women should consume no more than 100 calories, or 25 grams of sugar per day. Now take a look back at individual sugar content of your favorite candies above. How much candy did you have on Halloween night alone?

Total sugar intake
PER DAY



SUGAR, WE'RE GOING DOWN SWINGING

It may not be feasible to cut it all out of your diet, especially with the upcoming holiday seasons full of sugar laden goodness. After all, we are Injury Prevention Specialists not sugar slaying monsters. The important thing is to know your facts and check the nutrition label. Also good to know? The effects of sugar on your body can be curbed with exercise! Talk with your onsite injury prevention specialist about recommendations for a regular exercise program.

All that being said, cutting your sugar intake altogether is the *best* option. Be choosy about when you indulge. Reducing sugar from your diet not only controls the epic sugar crash from a binge eating Halloween candy session, it can greatly reduce your risk for cardiovascular disease and Type 2 diabetes.



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

