



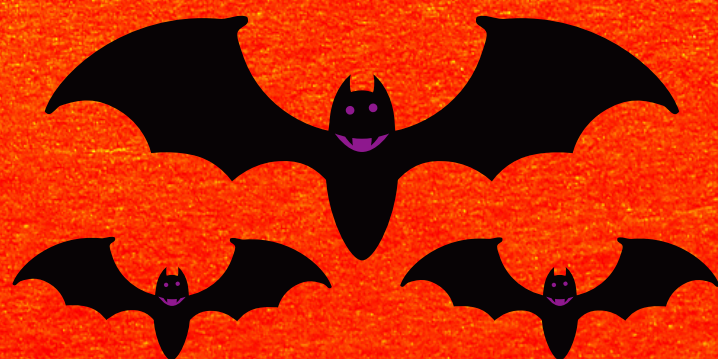
**FRIGHT-FREE  
TIPS FOR A  
HEALTHIER  
HALLOWEEN**





EAT A PROTEIN-RICH  
BREAKFAST, LIKE EGGS OR  
GREEK YOGURT WITH FRUIT  
AND WHOLE GRAIN TOAST.

HAVE DINNER BEFORE PASSING  
OUT CANDY, OR GOING  
TRICK-OR-TREATING. CHILI  
MAKES FOR A FILLING AND  
NUTRITIOUS OPTION.



INTEGRATE CANDY INTO MEALS  
AND SNACKS INSTEAD OF  
MUNCHING ON IT  
THROUGHOUT THE DAY.



DON'T GET SPOOKED!  
ONE DAY OF CANDY WILL  
NOT MAKE OR BREAK YOUR  
HEALTH GOALS.

