

Fun and Nutritious Halloween Treats

Halloween is a time for fun costumes and sweet treats, but not all treats have to be candy! Try these delicious, healthy alternatives that the whole family can enjoy.

Healthy Halloween Snack Ideas

- Pumpkin Seeds** – Packed with fiber, B vitamins, healthy fats, protein, and antioxidants.
 - Roast with olive oil or spice them up with lime and chili powder.
 - Sprinkle on salads, cereals, or homemade bread for added crunch.
- Peanuts** – A great source of healthy fats, protein, and essential minerals.
 - Choose unsalted peanuts for a heart-healthy option.
 - Add them to a healthy snack mix or eat them straight from the shell.
- Carrot Sticks** – Low in calories and loaded with beta carotene, fiber, and vitamins A, C, and K.
 - Enjoy plain, with hummus, or low-fat Greek yogurt for dipping.
- Apples** – A naturally sweet treat full of fiber, vitamin C, and health-boosting phytochemicals.
 - Slice and serve with natural peanut butter, whole-grain crackers, or low-fat cheese.
 - Add to yogurt, cereal, or salads for extra flavor and nutrition.
- Popcorn** – A low-calorie, whole grain snack rich in fiber and antioxidants.
 - Choose air-popped popcorn with no added fats or sugar.
 - If using microwave or stovetop popcorn, look for low-fat, low-sodium options.



Make Halloween Healthier and Fun!

Swap out sugary treats for these nutritious and tasty alternatives. They’re easy to prepare, fun to eat, and perfect for keeping Halloween both festive and healthy!

We’re committed to your health. Contact us today for more information.

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The Advanced Diabetes Supply Group



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