

The average person will consume nearly a pound and a quarter of candy during Halloween, equaling roughly 33 fun sized candy bars or around 5000 calories. Most of us have no choice but to participate in the annual Halloween ritual; even if we don't have children to take trick or treating, we still have parties to go to and candy to buy for all the trick or treaters in the neighborhood. And if we're not careful, having all this candy on hand can throw our eating strategies totally out of whack. The good news is that with some determination and deliberate steps, we can keep Halloween from turning us into pumpkin-shaped figures. Here are six ways to avoid the dangers of Halloween candy:

6 TRICKS TO AVOID TREATS

1. STICK TO YOUR REGULARLY SCHEDULED SNEALS®

Don't be tempted to skip a few Sneals® on Halloween so you can bank your calories for those sweet treats that are sure to head your way. The worst thing you can do is not eat; if you're hungry you will have no willpower to resist. Instead eat your usual Sneal® during the day with a high protein Sneal® right before the Halloween festivities begin. If you feel full you will not be as likely to go overboard on the treats.

2. TAKE CONTROL

Okay, yes it is Halloween, a holiday dedicated to treats. In order to survive this holiday without derailing your diet, control your binge. Make it exact, 'you'll only have three 'fun-sized' candies the entire night.' Then you can spread them out or have them all at once. If you have a plan you're most likely to stay in control.

3. BE THE 'BORING' HOUSE ON THE BLOCK

If you are the kind of person who will eat whatever is around the house, don't set yourself up for failure by stocking up on candy. Have you considered passing out non-candy goodies? Perhaps from the dollar store, toys, temporary tattoos, sticker, etc. Or healthier options like boxes of raisins or nuts? You might get some kids thinking you're not the coolest house on the block but at least their parents will like you!

4. LIMIT MINDLESS EATING

Are you going to a Halloween party where there is sure to be endless treats? Keep your hands busy, your purse in one and a glass of water in the other. If your hands are full they are not going to be grazing the candy bowls or buffet. This will significantly reduce your temptation to nibble.

5. BUY YOUR CANDY LAST MINUTE

Buy your candy the day of Halloween, that way you are not tempted to dip into the candy stash on a daily basis. Also don't buy your favorite candy, buy candy you don't particularly like that way you're not lured in, if you are a chocolate fan then go for the gummy or tart candies.

6. FOR THOSE OF YOU WHO DID SPLURGE - BOUNCE BACK

If you are in a sugar coma on November 1st, don't freak out! One day will not hurt you; it is the mindset that triggers the mental game of, 'I blew it' that can lead you to ditch your diet. You just need to recover, make sure to stick to your six healthy Sneals® the next day and drink plenty of water and you will be ok.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Post Halloween Sale!



Even the healthiest among us can't help but get into the Halloween fun, and while everything's good in moderation, sometimes a night of temptation means going overboard (no regrets!). Now we need to get you back on track! **Enjoy 15% OFF** online ONLY, November 1st on your purchase of \$75 or more plus enjoy free shipping (excluding liquids)! Don't forget to use the coupon code **BACKONTRACK21** at checkout .



Can Men Develop Breast Cancer

True or False? Only women can get breast cancer? **FALSE.** Although being a woman is the main risk factor for developing breast cancer. Each year breast cancer is diagnosed in about 23,000 women & 2,100 men. Many men think that only women can develop breast cancer, which causes some men to ignore breast lumps until the cancer has spread too far to be curable.

On average, women with breast cancer live **2 YEARS** longer than men with breast cancer, largely because men don't realize they can get breast cancer too.



Men's breast cancer usually shows up as a lump under or near the nipple. Misshapen Breast, non-matching breasts and nipple discharge are also possible signs of breast cancer.



Men with a strong a strong family history of breast cancer are also at high risk of developing breast cancer.



The American Cancer Society estimates that **1%** of all breast cancer cases occur in men.



Mammograms and breast exams may be helpful to men, assuming regular consultation with their doctors.



WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!



DATE: _____

WEEK: **1** **2** **3** **4**



BREAST CANCER

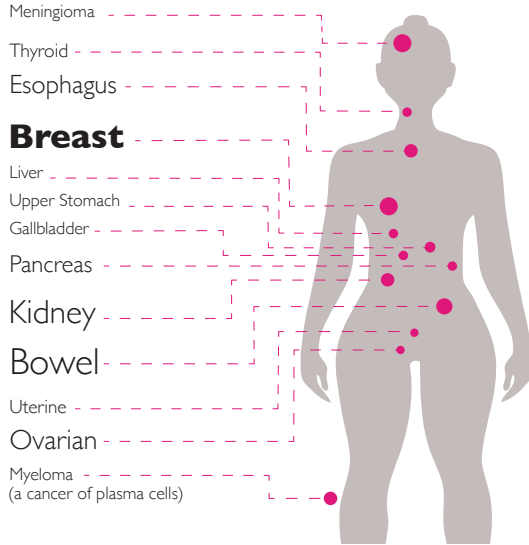
HOW YOUR WEIGHT AFFECTS YOUR RISK

Obesity & Breast Cancer Risks

The National Cancer Institute says that weight gain is a major risk factor for developing breast cancer. Gaining weight in adulthood appears to increase the risk of breast cancer before and after menopause. One large study found that women who gained about 20 pounds after age 18 had a 15% higher risk of breast cancer compared to women who gained little or no weight. Women who gained 55 pounds or more had a 45% higher risk.

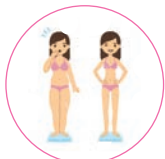
It is important for both men and women to keep a healthy weight. Managing weight is a challenge for most people in the U.S. In Fact, according to the Centers for Disease Control and Prevention (CDC), about 69% of American adults are overweight.

CANCERS ASSOCIATED WITH BEING OVERWEIGHT & OBESE:



WOMEN WHO ARE OVERWEIGHT OR OBESE AFTER MENOPAUSE HAVE A **30-60%** HIGHER RISK OF DEVELOPING BREAST CANCER THAN THOSE WHO ARE LEAN.

TRUE OR FALSE? There is nothing a woman with average risk can do to reduce her risk of developing breast cancer? **FALSE!**



WEIGHT

Achieving and maintaining a healthy weight is recommended to reduce your risk of breast cancer, as well as several other forms of cancer, diseases and diabetes.



PHYSICAL ACTIVITY

On average, highly active women are 25% less likely to develop breast cancer. Walk 75-150 minutes a week (approx. 20 minutes per day) to reduce your risk by 18%.



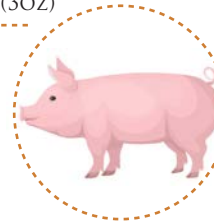
ALCOHOL INTAKE

Compared to women who do not drink any alcohol, there is a 10%-20% higher risk of breast cancer associated with each drink per day.



+ BEEF (3OZ)
Calories: 160
Fat: 7
Protein: 25

+ PORK LOIN (3OZ)
Calories: 120
Fat: 3.5
Protein: 22



+ TURKEY BREAST (3OZ)
Calories: 113
Fat: 1
Protein: 26



+ CHICKEN BREAST (3OZ)
Calories: 130
Fat: 3
Protein: 26



It's officially fall and it's time for all the cozy meals that come along with sweater weather! One **MISTAKE** people make when making their favorite stew is they aren't getting enough **PROTEIN**. Our **TIP** for you is to cook your stew (minus the meat) ahead to make things more convenient for you during the week. Then to give yourself more of variety, cook your meat nightly and pour your stew over your 3oz (for a woman) or 6oz (for a man) of meat. Ensuring you're getting the **CORRECT PROTEIN PORTION!**

Servings: 1.5 cups
Calories: 160
Protein: 6g
Carbs: 25.5g
Fat: 4g
Fiber: 5g

HEARTY VEGETABLE STEW

- Ingredients:**
- 1 tablespoon extra virgin olive oil
 - 1 medium onion, chopped
 - 2 large carrots, sliced 1/2-inch thick (1 1/2 cups)
 - 2 stalks celery, sliced 1/2 inch thick (1 cup)
 - 8 ounces mushrooms, halved or quartered
 - 2 large cloves garlic, minced
 - 1/4 cup flour
 - 2 tablespoons paprika
 - 3 tablespoons tomato paste
 - 1 cup frozen cut green beans
 - 2 bay leaves
 - 1 teaspoon dried thyme
 - 1/2 teaspoon dried rosemary
 - 1/2 teaspoon dried sage
 - 5 cups vegetable broth
 - 1/4 cup frozen peas
 - 1/4 cup chopped flat-leaf parsley
 - salt & pepper

Heat olive oil over medium heat in a large Dutch oven. When oil is hot, add onions, carrots, and celery; season lightly with salt and pepper. Cook for about 5 minutes, or just until onions start turning translucent on edges. Add mushrooms, then cook about 7 to 10 minutes. Stir in garlic. Cook, stirring constantly, about 30 seconds. Sprinkle flour and paprika over veggies. Stir to coat the vegetables, then continue cooking for 2 minutes, stirring constantly. Add tomato paste and stir to coat veggies. Then add potatoes, green beans, bay leaves, thyme, rosemary, sage, and vegetable broth. Mix well. Bring stew to a boil over high heat, then reduce heat to a simmer. Cover pan with lid, leaving a crack open. Simmer stew until veggies are tender, about 20 to 30 minutes Add peas and parsley; heat through. Season generously to taste with salt and pepper.