

# HOW MUCH HALLOWEEN CANDY IS TOO MUCH?

Every November 1st, I start the day with a good old-fashioned bellyache. Since I was a kid, I've been overdosing on Halloween candy, trading anything with peanuts for Milky Ways, Sugar Daddies, Tootsie Pops, or the occasional Milk Duds. But in recent years, I've been noticing some very questionable choices in my neighborhood. People are handing out gluten free sunflower buttercups, organic gummies (the non-CBD kind), and even trail mix. What is up with all of that? Don't they realize that Halloween is the time to eat all the things you never would eat the rest of the year? Why take all the fun out of it?

If you want to be health conscious, do what I do—freeze your Milky Ways, Snickers Bars and Three Musketeers. Since calories are a function of heat, then frozen candy has no calories. It's only logical and is obviously a much healthier option. This also works with Sara Lee cakes and Fig Newtons, just in case you were wondering.