



Have a Healthy Halloween this year!

Watch out for hidden Nasties....

Sugary foods are a source of energy but few other nutrients. If we eat more energy (measured in calories) than we need, our bodies store this as fat. High sugar sweets are often found in houses at Halloween, but sugar is found in a lot more foods than just sweets. You'd be amazed at how much sugar is lurking in our food - even food that doesn't taste sweet.

Here are a few facts about sugar and where it's hiding:

The average person consumes about 700g of sugar a week - that's 140 teaspoons!

500ml of cola contains the equivalent of 17 cubes of sugar.



How to reduce our sugar intake - Look at the label

Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

Check the ingredient list - there are lots of different words used to describe sugar:

Sucrose, Glucose, Fructose, Maltose, hydrolysed starch, invert sugar, corn syrup, honey

- They are all different kinds of sugars so watch out for them on the label!



For further information please contact healthy.eating@hse.ie Sonja Lynch, Community Dietitian, HSE Dublin South

Instead of reaching for the sweets this halloween, try the below!

No-added sugar granola (gives about 16 servings)

Ingredients:

- 180g chopped dates
- 200mls water
- 650g oats
- 60g chopped walnuts
- 70g sunflower seeds
- 165g raisins
- 70g chopped/sliced almonds
- 185g shredded coconut
- 60mls rapeseed oil
- 60mls apple juice



1. Preheat the oven to 175 degrees C. In a saucepan over medium heat, combine the dates and water. Cook stirring occasionally until the mixture forms a thick paste. Remove from heat and set aside.
2. In a large bowl, mix together the oats, walnuts, raisins, sunflower seeds, and coconut. Spread out in a thin layer onto a baking sheet. If your baking sheet is small, this can be done in batches.
3. Bake for 7 minutes in the preheated oven, or until lightly toasted. Transfer the mixture back into the bowl, and mix in the date paste, apple juice, and oil. Return to the baking sheet and bake for an additional 7 to 10 minutes, stirring occasionally until lightly browned. Granola will become crispier as it cools. Store in an airtight container.
4. Serve with some low fat yogurt