

FOOD COURT

Halloween Candy with Health Benefits

Gummy Bears vs. Twizzlers



GUMMY BEARS

VS.

HERSHEY'S
CHERRY TWIZZLERS



Apples and popcorn balls are old news this Halloween. Instead, indulge in candy that offers just as many health benefits. Eight generic Gummy Bears contain 70 calories and 10 grams of sugar. Hershey's Cherry Twizzlers have 160 calories and 21 grams of sugar per four pieces.

A generic milk chocolate candy bar contains 113 calories, 7 grams of fat and 11 grams of sugar. A dark chocolate candy bar contains less calories and claims to have more healthy antioxidant properties than milk chocolate candy.

The Verdict

Although Gummy Bears are the clear winner in this case, there are still healthier options from which to choose. With very few calories and ingredients that remove toxins from the skin, Borba Skin Balance Gummy Bears claim to help fight acne. Eight pieces have 15 calories and 4 grams of sugar. Four Hershey's Sugar-Free Twizzlers contain 130 calories and 0 grams of sugar. It is important not to eat too many of these sugar-free delights. A large amount can cause stomach distress.

Unlike the virtually fat-free gummy-type candies, the chocolate bar products contain unhealthy saturated fat. CocoaVia is the healthiest chocolate bar featuring added nutrients, cholesterol-lowering properties, half the saturated fat and the fewest calories. Dark chocolate takes second place with antioxidant properties, less calories and 10 percent less fat than milk chocolate.

FITNESS

Extra Medicine for Your Workouts

Add some fun to your exercise routine with medicine balls. Medicine balls range from the size of a tennis ball to the size of a basketball and can weigh two to 20 pounds. With age, we lose strength and balance. A lack of strength can cause daily activities to become more challenging and even dangerous. Lifting, throwing and catching Medicine Balls will make a workout routine more enjoyable while increasing overall strength and core stability. Their functional component will improve everyday activities such as carrying groceries and walking up steps. Once popular among physical therapists for the rehabilitation of injuries, personal trainers now use medicine balls in a variety of exercises to strengthen the shoulders, arms, chest, back and legs. Depending on the type of exercise and weight of the ball, these exercises can also enhance cardiovascular health. A variety of medicine balls can be purchased at a local or on-line fitness store.

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ALTUS ATHLETIC POWER
MEDICINE BALLS