

Suggestions will help you survive all of the wicked treat temptations of Halloween holiday

Halloween is almost here and holiday-related candies and other tricky diet treats are seemingly closing in upon you.

What's that confessed chocoholic to do to survive those wicked temptations?

The experts at TrimTalk.com, a leading provider of live-remote, expert-based weight-loss coaching and emotional support services, offer this advice:

- Enjoy a healthy snack before a Halloween party or before the trick-or-treating commences to ensure you have the will power to resist the litany of diet "no no's" you'll be faced with.

A whole-wheat pita stuffed with white tuna packed in spring water and fat free mayo will do you nicely, especially when paired with an apple to finish.

Or, at thick fruit smoothie can do the trick.

- Rather than dealing with a caldron full of calories, this year consider doling out some healthier treats such as small packages of raisins, nuts, fig Newton's, junior mints or sugar free gum.

Also consider giving out other non-food "tricks," like

packages of inexpensive jacks, pens, balloons, stickers and trading cards.

- If you "must" have a taste of the forbidden diet fruit to enjoy the festivities, choose those that are "lesser evils" such as hard candies and soft, gel-like candies that are usually low fat or fat-free and are free of cholesterol.

Although they are usually high in sugar, they're lower in fat, and usually lower in calories than chocolate candies.

Gumdrops or jellybeans have only 115 calories per ounce, and hard candies, such as a butterscotch candy, average about 20 calories each.

Twizzlers, Gummy Bears, 'fish' and licorice are relatively reasonable choices for the occasion.

- Need an extra dose of will power? Get a good workout

in before you are in a tempting situation.

This can motivate you to not want to "undo" what you just accomplished at the gym.

- At a party and someone is insisting you partake? Shut down the instigator by proclaiming that you're "allergic" to dairy, wheat products, etc.

This way, you'll neither offend nor break your diet.

- Parties also offer a great opportunity to burn bonus calories by dancing, so get away from the buffet and boogie down.

- It's also wise to keep a glass in your hand at parties. Doing so makes it more difficult to hold a plate and

eat!

And by all means don't stand around the food table — take the foods you want and leave the area.

- Watch alcohol intake — alcohol drops your resistance and can result in overeating; alcohol calories are usually stored as fat.

- And finally, have a taste. It's okay to allow yourself a "reasonably" sized treat once in a while, particularly in a celebratory fashion.

As long as you can enjoy the modest-sized treat while maintaining complete control, you can immediately get your mindset back into "diet mode", enjoy the event, and not feel completely deprived.