

# Diet fright night

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**H**alloween is fast approaching, and holiday-related candies and other tricky diet treats are seemingly closing in on you. What's that confessed cholic to do to survive those wicked temptations? The experts at [TrimTalk.com](http://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, a thick fruit smoothie can do the trick.
- Rather than dealing with a caldron full of calories, consider doling out some treats such as small packages of raisins, nuts, fig Newtons, Junior Mints or sugar-free gum. Also consider giving out other nonfood "tricks," like packages of inexpensive jacks, pens, balloons, stickers and trading cards.
- \* If you "must" have a taste, 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. 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 other 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, etc. This way, you'll neither offend nor break your diet.