



Treat Smarts:

A Guide to Nutrition and Activity









Many parents worry when their children eat sweets. Childhood overweight and obesity are rising in the United States. It is important to note that no single food causes either. In fact, a 2005 National Academies of Science study concluded there is no clear link between increased intake of added sugars and Body Mass Index, BMI.

So why are so many children and adults obese or overweight? While obesity is a complex issue, the answer is surprisingly simple: eating too many calories and not getting enough exercise causes weight gain.

The key to maintaining a healthy weight and a nutritionally balanced diet is to consume all food, in moderation, as part of an active lifestyle. The USDA's new MyPyramid is a step-by-step guide to healthful eating and physical activity. Visit www.MyPyramid.gov to calculate your daily calorie needs and learn your recommended servings of each food group (grains, vegetables, fruits, milk, meat & beans and oils).

MyPyramid also has guidelines for how many discretionary calories, including candy, cookies, ice cream and fruit drinks, adults and children can have each day. As long as you choose foods wisely, don't eat too much and get regular physical activity, you should have some extra calories left over to occasionally enjoy candy in moderation. In fact, candy contributes less than 2 percent of the average person's daily calorie intake.

Some candy favorites and the time it takes to burn calories consumed:

CANDY	CALORIES	PHYSICAL ACTIVITY TO BURN SAME CALORIES
 Chocolate bar : 1.5 oz	235 calories	Biking : 30 mins 
 Hard candies : 3 pieces	65 calories	Gardening : 15 mins 
 Jelly beans : 30	120 calories	Dancing : 20 mins 
 Peanut butter cup : 1	90 calories	Walking : 30 mins 

Some popular activities and the calories burned per hour, for a 150 lb person:

- WALKING**  206 cal/hr
- BIKING**  440 cal/hr
- GARDENING**  324 cal/hr
- DANCING**  370 cal/hr
- JOGGING**  675 cal/hr

For good health, MyPyramid recommends at least 30 minutes of physical activity most days, preferably daily. Children and adolescents need 60 minutes of physical activity daily, or on most days.

When eating candy or any snack, pay attention to the number of servings per package and the product's serving size to better manage your calorie intake. This, along with other important facts including how much fat, cholesterol, sodium, protein and carbohydrates are in each serving, is found on the package's Nutrition Facts Label.

When using the Percent Daily Values (% DV)

found on the "Nutrition Facts Panel," it's important to understand that recommended daily values are based on a 2,000 calorie per day diet. However, each person's daily values may be higher or lower depending on age, gender and activity level.

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In addition, here are some nutrition facts for select candy:

	CHOCOLATE BAR	JELLY BEANS	HARD CANDIES	CHEWING GUM	CHOCOLATE COVERED RAISINS
Serving Size	1.5 oz (44 g)	25 pieces (40 g)	3 pieces (15 g)	1 stick (3 g)	35 pieces (40 g)
Calories	235	150	60	7	156
Calories from Fat	120	0	0	0	53
Total Fat	13 g (20% DV)	0	0	0	5.92 g (9% DV)
Saturated Fat	8 g (45% DV)	0	0	0	3.5 (18% DV)
Trans Fat	0	0	0	0	0
Cholesterol	0	0	0	0	1 mg
Total Carbohydrates	26 g (9% DV)	37 g (12% DV)	15 g (5% DV)	2 g (1% DV)	27 mg (9% DV)
Protein	3 g (6% DV)	0	0	0	2 g (2% DV)
Sodium	35 mg (1% DV)	20 mg (1% DV)	6 mg (<1% DV)	0	14 mg
Calcium	0	0	0	0	34 mg

Make a Plan Today for Your Family's Health

Parents can serve as role models for their children by encouraging healthy eating and increasing physical activity. Make a plan for your family to enjoy candy as part of a healthy lifestyle:

Be active and demonstrate the importance of a healthy diet. If you eat right and exercise regularly, it will be easier for your child to follow suit.

Teach your children to make healthy choices by giving them smart eating options, such as fruits and vegetables. Focusing only on what they cannot eat does not encourage them to make smart decisions.

Make mealtime fun. Involve the whole family in planning meals and introduce new, healthy foods at mealtime.

Reward your kids for making healthy choices. Use non-food rewards such as taking the family to the park or giving them new sports equipment.

Allow candy and treats in moderation, rather than eliminating them completely. Children need to learn the importance of balanced eating so they can make smart choices as adults.

The National Confectioners Association also has a free, downloadable tool "A Guide to Children's Diet and Nutrition for Parents."

Visit www.candyusa.com or call (703) 790-5750 for more information.

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