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Body & Soul



Why we crave junk food?

Let's face it, most of the time, when we crave something to eat it's usually not the healthy stuff. On a day like Halloween, it's candy and lots of it.

So why do we want to load up on everything that's bad for us? Dr. Steve Witherly, author of 'Why Humans Like Junk Food,' talked about it with us.

Halloween Candy Tips

Video

overeat.

2. Bananas and apples are very filling, see if you can convince your child to one one first, this will greatly reduce their appetite.

3. Use Halloween candy as a reward as sports activity or academic achievement; never use candy to reward a child for eating, say, their broccolis. Using candy for a reward actually lessens the reward value of the broccolis and increases the value of the candy. Instead, learn how to make broccoli a little tastier by adding a light cheese sauce or a nice garlic butter sauce with lemon.

4. Put the candy out of sight and into air tight containers. humans are visual animals and if you see candy you will want it. Worse, is if you smell the candy; a ancient starvation program in the brain will create a craving that lasts for hours: so keep it safe and out of sight.

5. Here is a real neat way to control the candy craving. Have your little one separate out the candy into piles by type--all skittles here, all M&M's there. Then let you son or daughter know that they can have some candy for a week but only of the same type. A phenomenon called "Sensory Specific Satiety" states that we get bored with food within minutes; if they eat the same thing in a row or all week they will greatly drop their desire for it. Its an amazing thing to watch.

6. Finally, never, and I mean never, pig out on the candy in front of the little ones; this helps validate that overdoing it is okay--if Mom and Dad do it, I should do it to. Better yet, eat an apple (with the skin on) while all the candy is around and they might just think that is really cool and do the same.

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BRAKING WITH A HEAVY LOAD IS EASY TO MESS UP.

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Make Spooky Halloween Dishes! It's Easy with the Recipe Toolbar

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- Southwest Grilled Avocados