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Wednesday, October 31

Halloween Treats

In tonight's Medical Watch -- watch out for certain foods in the candy bag this halloween. If they have a good texture, color and feel in your mouth ... they may trick you into eating more. So what are the frightful treats?

Weather

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Butterfingers: the crunch and the creamy taste as the chocolate melts calls to people.

Steven Witherly, PhD, Nutritionist: "Smooth and creamy mean survival it means calories it's a signal that what you are eating has great survival value so the brain makes it tasty."

The CW

Licorice gives that sugar fix ... coupled with sour the sweet satisfies every tasty need.

News

Commutercast
News Bios

The Swamp blog
Clout Street blog

Dr. Witherly: "There is nothing that beats sugar in foods. kids love sugar humans love sugar."

Then there's *words* like fun pack ... they play on the mind. Fun food? Of course we want to partake. But the number one craved and enjoyed indulgence is ice cream.

Morning News

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Dr. Witherly: "When something melts down in the mouth texture signals the presence of fat. Your tongue is very very sensitive to the presence of fat and the presence of very small particles. So it likes creaminess and it likes smoothness."

Drink in the bad news then take a drink first to combat the effects of those all too sweet treats.

Dr. Witherly: "Green tea actually reduces the amount of fat you absorb and it boosts your metabolism and actually makes you calmer and it reduces cravings."

Just one of the tricks to temper our desires of tempting foods.

News at Noon

Lunchbreak
Timeout for Trivia

"Don't smell it. If you smell a piece of chocolate it's going to linger in your brain for for over an hour and it'll keep you coming back."

News at Nine

Cover Stories
Chicago's Very Own
Medical Watch

Not just at Halloween but all through the holiday season eat soup or fruit and drink lots of water before indulging in sweets ... they'll make you feel full so you enjoy less sugar and fat.

Sports

BullsEye Blog
Len & Bob's Blog

Dr. Witherly is the author of *Why Humans Like Junk Food*.

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Len & Bob's Podcast

Hawk & DJ's Blog

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CW Now

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The Game

Girlfriends
Gossip Girl

Kids' WB! on The CW

Life Is Wild
One Tree Hill

Pussycat Dolls Present: The Search for the Next Doll
Reaper

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Healthy Halloween Recipes

Get Healthy Recipes and Fun Ideas For All Your Halloween Festivities.
VegCooking.com

Halloween Recipes

Make Spooky Halloween Dishes! It's Easy with the Recipe Toolbar
Recipes.alot.com

Halloween Party Food

The yummiest candy for Halloween Find good Halloween Party Food
www.HalloweenCandy.cc

10 Tips of Fat Burning

Lose 9 lbs every 11 Days with these 10 Easy Rules of Diet & Fat Loss.
www.FatLoss4idiots.com

Halloween Recipes

Free Quick & Easy Halloween Dishes and Party Recipes from Parents.com
www.Parents.com

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