

# HALLOWEEN HINTS.

## Halloween Treats That Are Smart To Eat

(NAPSA)—It's coming up on that time of year again, when the ghosts and goblins come out to haunt the neighborhood—which means you'll soon be stockpiling the sweets to dole out on Halloween.

This year, why not let parents breathe a sigh of relief by offering trick-or-treaters something sweet, delicious *and* nutritious?

"We all know that kids love their sweets at Halloween," says Ruth Carey, R.D., L.D., nutritionist. "The good news is there are new options available—such as nutritious snacks that taste like candy—which let you give trick-or-treaters the great tastes they love plus nutritional benefits you can feel good about. For example, BODY SMARTS, a new line of great-tasting crunch bars and fruit chews, is packed with vitamins, minerals and other nutrients the body needs."

In fact, BODY SMARTS Chocolate Peanut and Yogurt Berry Crunch bars are a source of 17 essential vitamins and minerals, and the Creamy Fruit Chews provide the same calcium as a glass of milk, and are a rich source of vitamins A, E and C.



**A new kind of snack helps make trick-or-treating a tasty and nutritious experience.**

In addition to being a great Halloween treat, these sweet snacks are affordable, too. The BODY SMARTS multi-serve packages retail for less than two dollars, and the single-serve packages retail for less than one dollar. Both can be found wherever candy is sold.

"If it were up to parents, kids would eat only snacks that are good for them," continues Carey. "But it is just also important to allow children to occasionally indulge, especially on Halloween."