

Fitstrategy

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HALLOWEEN CANDY GUIDE



INTRODUCTION

ITS IMPORTANT TO NOTE THAT WHILE CANDY ISNT THE BEST THING FOR YOU, WE CAN STILL HAVE SOME IN MODERATION

IN THIS EBOOK YOU WILL LEARN CALORIE AMOUNTS IN YOUR FAVOURITE CANDIES, AS WELL AS HOW TO ENJOY WITH OUT LOSING PROGRESS AND WITHOUT THE GUILT !



CALORIE AMOUNTS

Nutrition Facts / Valeur nutritive

| | Smarties Per 4 boxes (40 g) Pour 4 boîtes (40 g) | | Coffee Crisp Per 3 bars (36 g) Pour 3 barres (36 g) | | KitKat Per 3 bars (37 g) Pour 3 barres (37 g) | | Aero Per 6 bars (44 g) Pour 6 barres (44 g) | |
|----------------------------------|--|----------------|---|----------------|---|----------------|---|----------------|
| Calories | 180 | | 180 | | 190 | | 230 | |
| | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* | Amount Teneur | % DV* % VQ* |
| Fat / Lipides | 6 g | 8 % | 9 g | 12 % | 10 g | 13 % | 12 g | 16 % |
| Saturated / saturés | 3.5 g | 18 % | 5 g | 25 % | 6 g | 31 % | 7 g | 36 % |
| + Trans / trans | 0 g | | 0 g | | 0.1 g | | 0.1 g | |
| Carbohydrate / Glucides | 31 g | | 24 g | | 25 g | | 28 g | |
| Fibre / Fibres | 0 g | 0 % | 1 g | 4 % | 1 g | 4 % | 1 g | 4 % |
| Sugars / Sucres | 29 g | 29 % | 16 g | 16 % | 19 g | 19 % | 26 g | 26 % |
| Protein / Protéines | 1 g | | 2 g | | 2 g | | 3 g | |
| Cholesterol / Cholestérol | 5 mg | | 5 mg | | 5 mg | | 10 mg | |
| Sodium | 20 mg | 1 % | 35 mg | 2 % | 30 mg | 1 % | 40 mg | 2 % |
| Potassium | 100 mg | 2 % | 100 mg | 2 % | 125 mg | 3 % | 200 mg | 4 % |
| Calcium | 40 mg | 3 % | 40 mg | 3 % | 50 mg | 4 % | 75 mg | 6 % |
| Iron / Fer | 0.50 mg | 3 % | 0.75 mg | 4 % | 1.25 mg | 7 % | 1 mg | 6 % |

*DV = Daily Value

*VQ = valeur quotidienne

*5% or less is a little, 15% or more is a lot

*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

THERE REALLY ISN'T AS MUCH
CALORIES AS YOU THINK IN
HALLOWEEN CHOCOLATE !

YOU CAN HAVE QUITE A FEW
AND STILL STAY WITHIN
CALORIES



HOW TO STAY ON TRACK

FOLLOW THESE BEST PRACTICES TO MAKE SURE YOU DON'T
OVER INDULGE

1. 100- 150G OF PROTEIN PER DAY
2. EAT A FULL MEAL BEFORE YOU DIVE INTO THE TREATS
YOU'RE PROBABLY JUST HUNGRY.. THAT'S WHY YOU'RE
CRAVING TREATS AFTER A LONG DAY
3. BY TELLING YOURSELF YOU CAN'T HAVE ANY IS
EXACTLY WHY YOU WANT MORE
4. DRINK YOUR WATER 2L - 3L PER DAY
5. GIVE YOURSELF GRACE, EVEN IF YOU OVER INDULGE YOU
STILL CAN SEE RESULTS. KEEP GOING AND DON'T PUNISH
YOURSELF

YOUR WEIGHT LOSS OR FITNESS GOALS WEREN'T MADE
IN A DAY & WON'T BE BROKEN IN ONE

.. YES EVEN IF IT'S A FEW DAYS.. KEEP GOING

NEED MORE HELP?

DM ME
CANDY
FOR 10% OFF
OUR FOREVER
FIT PROGRAM

@SAMANTHAMILLSFIT

