

NUTRITION NEWSLETTER

From your Dietetic Intern, Kelsey
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Nutrition Tip of the Week:

Enjoy your Halloween treats without guilt! There's nothing wrong with indulging in some halloween snacks. However, be mindful of the sugar content of some of your favourite sweets. Sugar can be disguised on a label as a number of things, such as...

- Sugar Cane
- Dextrose
- High Fructose Corn Syrup
- Glucose
- Sucrose

Keep your eyes peeled for these and look at the Nutrition Facts Panel to understand how much sugar is in your candy of choice!

What to Check Out at Meal Hall this Week

Visit Morrison Hall on **Thursday, October 29th** for a bloody good **Halloween Feast** with something available for every ghost, goblin & ghou!

Chat with me!

Have any burning questions regarding food, nutrition, & overall health?

Email x2016ncg@stfx.ca with any questions, comments, or concerns! I'd love to hear from you!

TRICK
OR
TREAT



BOO!

Lifestyle

Sugar isn't found in just candy! Be mindful of your beverage of choice and opt for water instead of sugary fountain drinks.



Don't forget to fill out our gluten-free survey. Find the link in our insagram bio [@stfxcampusfood](#)