

Mayo Clinic Minute: Halloween candy strategies

Video	Audio
Nats	"Trick or treat!"
	You can hear the excitement of Halloween in their voices as kids dress up in their favorite costumes with the hopes of collecting a bounty of candy. Now, what to do with all that sugar?
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"I think the first thing I would do is give them a couple pieces. That seems reasonable, but too much of anything can be a bad thing."
	Dr. Angela Mattke says to set a limit, then put the candy away so it's not easily accessible.
	"We recommend that they keep a little bit of it, that's fine, but they don't need 5-10 pounds of candy each year because this is certainly going to increase their risk of cavities as well as other things."
	And help avoid an extra dental visit by encouraging good oral hygiene.
	"If your kid is having candy, making sure that they are using good brushing and flossing techniques."
	And, along with keeping a few pieces, Dr. Mattke says consider having kids donate the rest of the candy.
	"There's actually some dentists that collect candy and ship them overseas to our armed forces. And there's other locations that you could also donate the candy to as well."
Nats pouring candy out of pail	
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.