

## Keeping Easter Healthy

Easter is a time that is associated with gorging chocolate – but there are ways to keep it fun and healthy!

### Is chocolate bad?

- A little chocolate won't hurt you but remember: chocolate is packed with fat and sugar that means it will give you an energy hit with little nutritional value. Four solid mini eggs will take you about 30-40 minutes to work off with a brisk walk.

### Which chocolate has the most sugar?

- Generally, dark chocolate especially 70% cacao chocolate contains less sugar than milk chocolate. It is also more bitter, so you tend to eat less. White chocolate usually contains the most sugar.
- Chocolate with cream fillings are usually packed with sugar because the filling is a flavoured sugar filling.

### Quality or Quantity?

- Less can be more: choose just one favourite one as a special treat. Alternatively, choose some good quality chocolate for your treat – something you usually wouldn't usually buy yourself and savour it a little bit at a time.

### What if you Don't Like Chocolate?

- There are still great treats you can have at Easter that don't involve chocolate! How about some lovely flowers? A book to curl up with? Or maybe an outing for the whole family to the zoo.
- Easter buns, or hot cross buns, are an Easter staple. Be aware that buns full of chocolate chips will blow out your diet! If you want a healthier option, go for the fruit buns.

### Should you Eat Treats All Easter?

- Of course, you can eat sugary, fatty treats all Easter – but this may get you into a pattern of overindulging. To avoid this and make your treats special, try limiting them to just one day. Traditionally, Easter Sunday was the day when you got the chocolate treats but you may choose any of the days.

### What about Left Overs?

- Maybe you've ended up with more Easter treats than you expected or wanted – what do you do? Firstly, put the extras out of sight so you don't keep eating – put them in a container in a cupboard where they aren't the first things you see when you're looking for a snack.
- "Dispose" of the extras by sharing them with family and friends or maybe give the unopened packets to people less fortunate: a nursing home, the hospice or a charity kitchen.

### What Else Can You Do?

- There are many great Easter traditions like dyeing and hand painting eggs, having an Easter egg hunt on your "treat" day, making your own hot cross buns or hosting a brunch.
- Get outside and enjoy autumn – walk around the lake, have a picnic, go for a cycle or play a game of family cricket. Work off some of that chocolate!

### Should you Give Chocolate to Your Dog?

- Absolutely not! A small amount can cause a stomach upset and a large amount can kill them. Keep your chocolate out of its reach and its snuck into your Easter egg stash, get it to the vet!

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