

Fun Halloween Treats

Let's face it, the fun of Halloween is in the treats. But you can make Halloween healthier without being booed by your kids-stock up on chocolate milk: the official drink of Halloween. Chocolate milk is a healthy treat in disguise. It contains the same essential nutrients found in white milk with a taste kids love.

Two out of three kids fail to get enough calcium and studies show that kids who drink chocolate and other flavored milks have higher calcium intakes than those who don't. Kids who drink flavored milk also tend to drink fewer sugary sodas and eat less added sugar. so it's a great way to help steer kids away from empty-calorie sweet drinks and encourage them toward healthy habits.

Chocolate milk provides nine essential nutrients, including three of the five "nutrients of concern" outlined by the Dietary Guidelines for American's: calcium, magnesium and potassium. For festive, fun Halloween recipes and healthy tricks for treating, check out www.thinkaboutyourdrink.com

This Saturday the Chocolate Milk team will be at the Halloween Celebration at the Heritage Museum in Henderson. For more information visit: www.co.clark.nv.us/Museum/