

Conquer candy temptation

Halloween may be all about sweets, but our tricks will help you enjoy the treats without gaining a pound.

1 Stock up on lollipops. Buy bags of yummy but diet-friendly candy. You won't disappoint trick-or-treaters, and you'll save yourself calories with festive favorites such as lollipops and Blow Pops; they work in your favor because they take time to finish and have only about 50 calories each. Chocolate lovers, try Hershey's Kisses Special Dark (savor two for 40 calories) or York Peppermint Patties Miniatures (50 calories each).

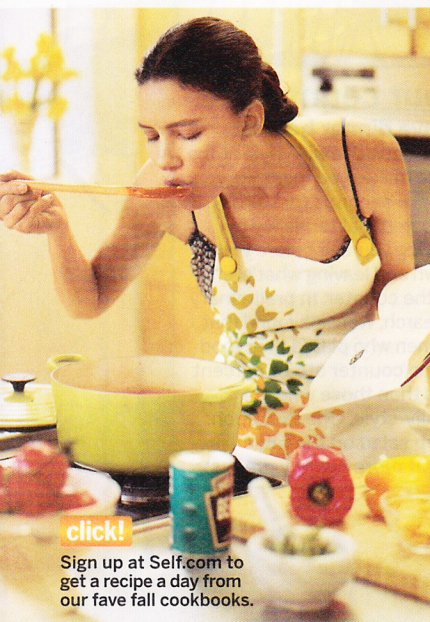
2 Rock a cute costume. "Wearing a body-conscious outfit will remind you not to indulge," says Patricia Bannan, R.D., author of *Eat Right When Time Is Tight* (NorLightsPress). Not dressing up? Get a preparty blowout. When you feel good about how you look, it can be easier to stick with healthier options. Once you're at an event, chat up a vampire. "If you're talking, you won't be eating," says Judith Beck, Ph.D., author of *The Beck Diet Solution* (Oxmoor House).



Genie-lus partygoers like Kim Kardashian choose the dance floor over the buffet.

3 Eat treats after 4 P.M. "The worst thing you can do is to have candy in the morning, because you'll crave it all day," says Heather Bauer, R.D., author of *The Wall Street Diet* (Hyperion). After a sweet spike, blood sugar plummets, triggering your body to seek out more sugar. Plus, if you wait, picked-over goodies in the break room will look less tempting.

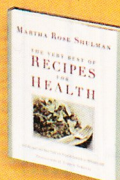
4 Be candy-free November 1. Instead of tossing leftovers (and feeling guilty) or bingeing on them (and feeling guiltier), donate them! Ship sweets to Operation Gratitude (OpGratitude.com), a nonprofit that sends packages to overseas military personnel. And giving can lift mood and self-image, so it's easier to resist treats. —Jan Sheehan



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Sign up at Self.com to get a recipe a day from our fave fall cookbooks.

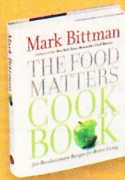
Hit the (cook)books

This back-to-school season, get smart about dinner with these new inspiring tomes. —Merritt Watts



The Very Best of Recipes for Health
Martha Rose Shulman (\$35, Rodale)
You'll get Tons of no-gimmick, accessible

lean meals from the author's column in *The New York Times*. **Ideal for** An aspiring healthy eater who is tired of takeout. **Takeaway tip** Make fast food standards at home to cut salt, sugar and fat. For instance, skip Chipotle and try the book's Soft Tacos With Chicken and Tomato-Corn Salsa. It has only nine ingredients!



THINK GREEN
The Food Matters Cookbook
Mark Bittman (\$35, Simon & Schuster)
You'll get Tasty meals made

with less meat and more whole foods, based on a diet the author used to lose 35 pounds while researching the link between our health and the planet's. **Ideal for** Eco-conscious eaters who can't shop local all the time. **Takeaway tip** Consuming fewer animal products lowers your carbon footprint more than eating all organic, Bittman says.



Harvest to Heat
Darryl Estrine and Kelly Kochendorf (\$40, The Taunton Press)
You'll get Farm-to-table recipes from gastronomic stars such as Dan

Barber, Charlie Palmer and Tom Colicchio. Use the restaurant listings in the back of the book as your where-to-eat-out guide. **Ideal for** The weekend gourmand who fantasizes about cooking (and eating!) like a celebrity chef. **Takeaway tip** Simple ingredients make stellar dishes, like this one: Toast sourdough and top with blue cheese, bacon and honey.