

# Healthy Halloween: Diabetes 101, Mindful Treating & Fun Swaps for Holidays

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# About Me



## Education:

- FNLP, CFNC, RHN (Practicing since 2018)
- Ayurveda Lifestyle Practitioner (10+ years)
- Multiple certifications in functional health (Cardiovascular, Autoimmune, Gastrointestinal, Thyroid/Hashimoto's, Chronic Fatigue, Metabolic health)

## Passion :

- Food as medicine
- Ayurveda and Spirituality/Quantum physics

## My Story :

- Left a banking career
- Personal journey due to gut issues
- Don't plan to retire from work!!



# Housekeeping

- Interactive!
- Questions at the end!
- There's no silly question...please ask without hesitation.
- The information shared today does not replace the advise of a medical practitioner/doctor. The purpose of this presentation is to provide you with information to support your health by making better food and lifestyle choices



# Purpose

- **Halloween: Sugar overload season!!**
- **Understanding what sugar does in the body**
- **Health swaps for the season**
- **Questions**



# Quiz Time

**How much sugar does an average child eat on Halloween night in North America**

- a) 12 tsp. (48 gms)
- b) 24 tsp. (96 gms)
- c) 48 tsp. (192 gms)
- d) 60 tsp. (240 gms)

**1 tsp= 4 gms**



# Quiz Time

**How much sugar does a 4 Finger bar of KitKat have?**

- a) 1 tsp. ( 4 gms)**
- b) 2.5 tsp. ( 10 gms)**
- c) 3.5 tsp. ( 14 gms)**
- d) 4 tsp. ( 16 gms)**



# Quiz Time

**How much sugar does a serving of Jaw breakers contain? ( 100 gms)**

- a) 23 tsp. (94 gms)
- b) 18 tsp. ( 72 gms)
- c) 15 tsp. ( 60 gms)
- d) 12 tsp. ( 48 gms)



# Quiz Time

**How much sugar does a SB Grande  
Pumpkin spiced latte contain ?**

- a) 4 tsp(12 gms)
- b) 6 tsp.( 24 gms)
- c) 10 tsp.( 40 gms)
- d) 12 tsp (48 gms)



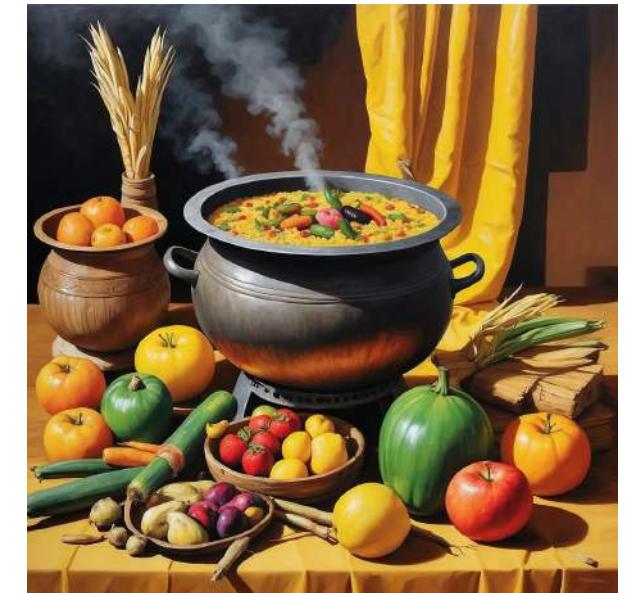
# Question

**Is sugar bad for us?  
why did nature give us sugar?**



# Why Mother Nature gave us sugar ?

- It's the fuel for producing Energy/ Body's Metabolism ( ability to break down food to produce energy/metabolic flexibility & efficiency)
- Energy is needed to survive, grow & repair
- The most efficient pathway is that supports homeostasis and causes least damage to the the body (Blood sugar is balanced!)
- Pathway that's always in alignment with nature/internal intelligence/Serves the body



# Whole vs Refined/Processed

## Whole Foods:

- All carbohydrates in natural form ( How nature gave us in Fruits, Vegetables, Grains, Beans, Lentils, Dairy, etc.)
- All carbs breakdown into sugars
- Slow release of sugar in the blood



## Refined Carbs/Sugars/Starches:

- Extracted from whole foods and void of nutrients( empty calories)
- ( Refined flours, white sugar, fruit juices, starches, sugar syrups, fructose corn syrup, beet sugar etc.)
- Fast release of sugar in the blood



# Refined Sugar is Addictive?

Any one fond of desserts?



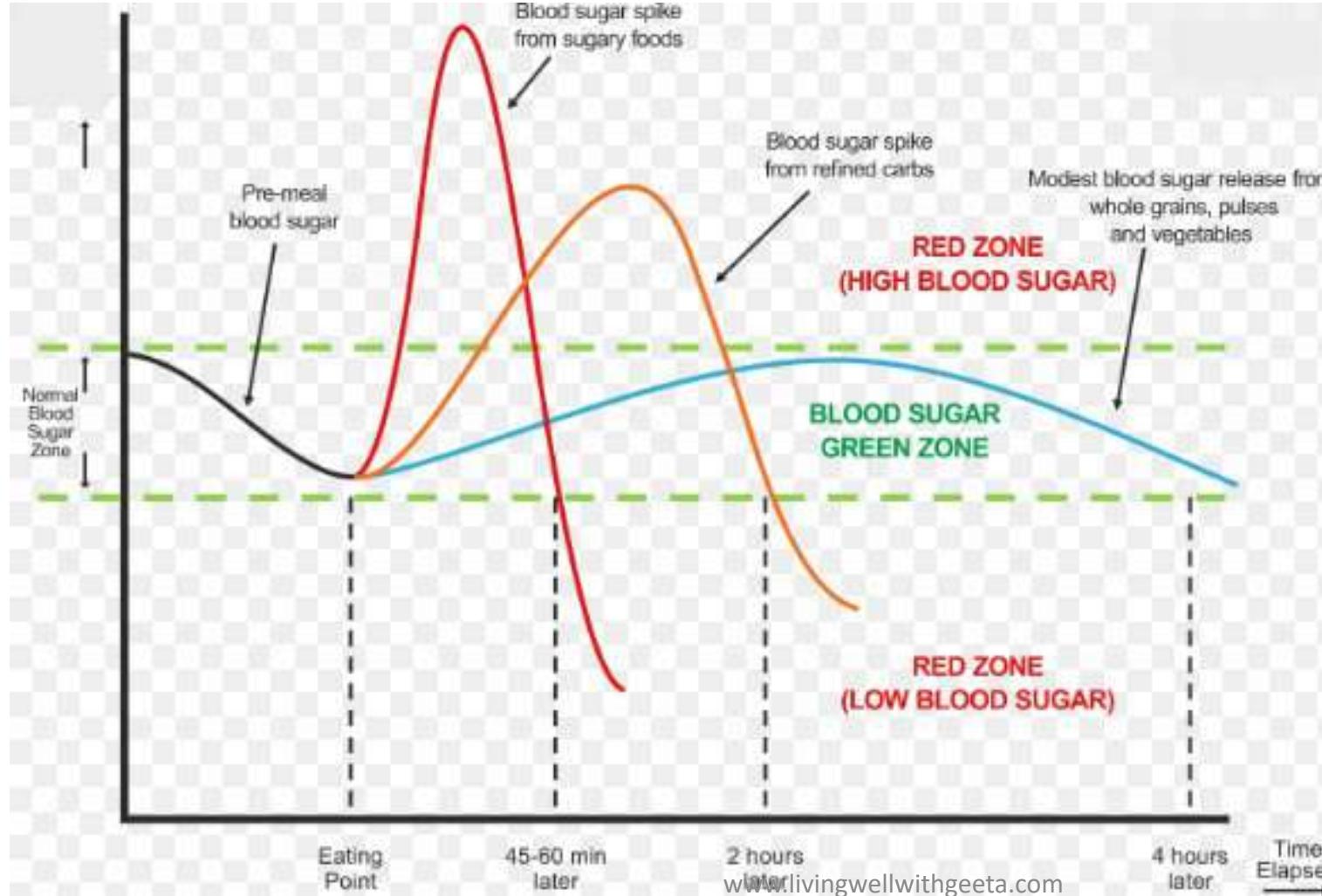
**Refined and Ultra processed**  
**-Addictive like cocaine**  
**-Dopamine and Adrenaline boost**

# All About Blood Sugar?

- Amount of sugar circulating in your blood
- Comes from breakdown of carbohydrates
- Source of fuel for the body to produce energy
- Low levels can cause crashes, shaky, nervous, irritable, lack of focus (hypoglycemia)
- High levels can cause lack of focus, constant hunger and thirst, cravings etc.  
(hyperglycemia/insulin resistance)
- Need not be diabetic..



# Are you on a blood sugar roller coaster?

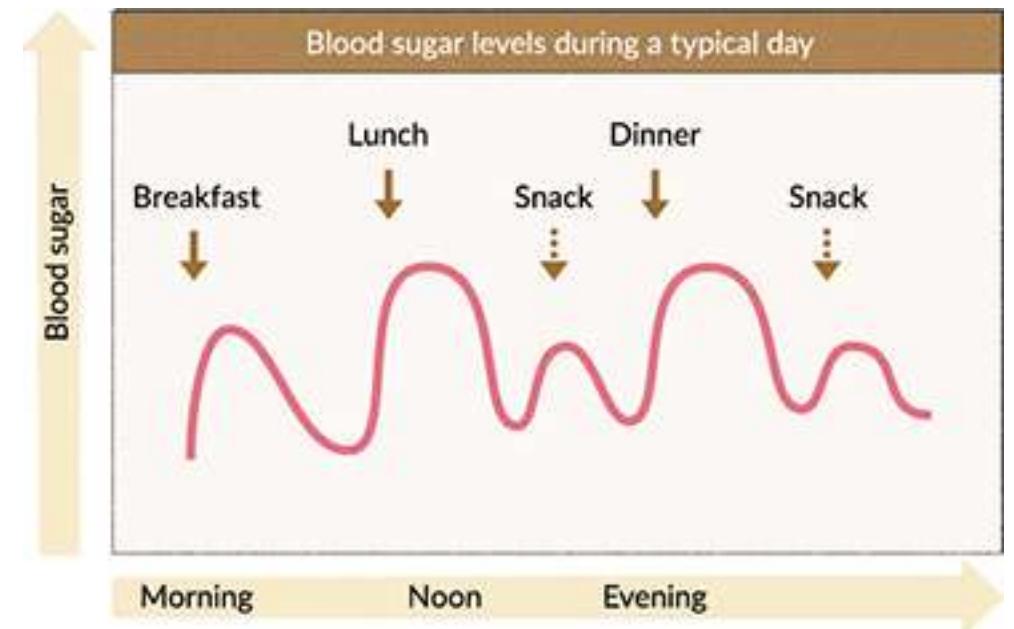
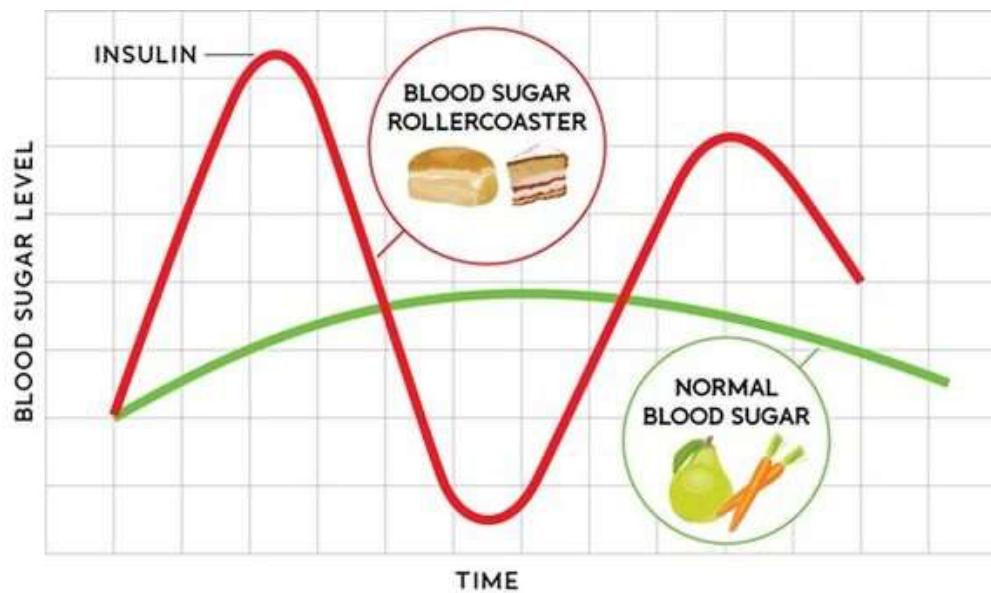


The spikes give you an adrenalin and dopamine boost!! But it is short lived....and can become addictive...reach out for coffee...

Drops lead to energy slumps and cause you to crave sugar, refined carbs and caffeine....

# Most Important Dietary Factor for Chronic Health issues/Diabetes

- **Blood sugar imbalances leading to Insulin Resistance**



# Signs of Insulin Resistance

-Wake up not feeling rested/recovered



-Sugar/Carb cravings all day



-Feel Tired/Sleepy after meals



-Crash after lunch/need coffee/stimulants

-Difficulty staying asleep

# How to balance Blood Sugar/Insulin Resistance



**Diet: Only whole foods diet**

**Every Meal:**

- Eat Proteins (**satisfaction**)
- Eat Fat (**satisfaction & slow down**)
- Eat Fiber (**feed bugs, slow down, bulk**)
- Eat mostly complex carbs (**satisfaction, slowdown**)



# The Big Baddies

- High Fructose corn syrup
- Aspartame(Nutrasweet/Equal)
- Sucralose (Splenda)



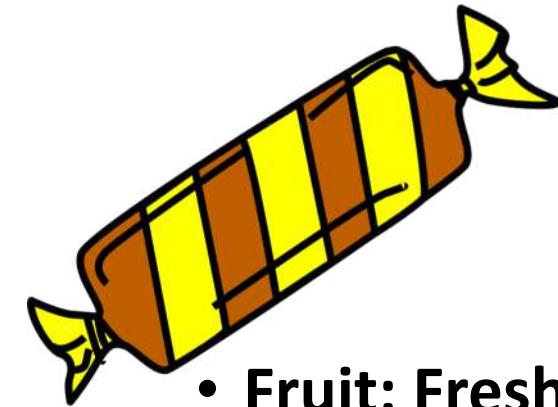
- Corn syrup
- Glucose syrup
- Glucose/Fructose
- Maize syrup
- Isoglucose
- Tapioco syrup
- Fruit fructose
- Crystalline fructose

# Balance Blood Sugars on Halloween night!!



- **Consume complex carbs/fiber + fats + proteins for your earlier meals of the day**
- **Don't go hungry before the Halloween evening!! Snack on good quality Fat/Fiber/Protein before going ( Apples with almond butter, Avocado toast, Hummus and whole grain crackers, Handfull of nuts and seeds, Greek Yogurt with berries etc.)**
- **Start with a salad or protein if available on the party table**
- **Make sure to stay hydrated through out the day**
- **Make sure to sleep well the night before!!**





# Healthy Sugar Swaps

- **Fruit: Fresh or dried ( Bananas, Cherries, Mangoes, Blue berries):** Built in Fiber for toppings or to add sweetness to baked goods/pies/tarts etc.
- **Dried Dates or Figs or Raisins:** Great for homemade truffles or energy balls
- **Raw honey:** Full of enzymes when not heated and just added fresh as a sweet drizzle on desserts
- **Coconut/Date palm sugar:** Lower glycemic index and full of trace minerals for all kind of baked treats
- **Jaggery/Molasses:** Full of minerals, excellent replacement for deep caramel flavor
- **Maple syrup:** Full of antioxidants, replace sugar in all baked goods

# Great Halloween Party Treats

## Sweet Swaps – Nature's Candy Edition

- Dark chocolate bark with roasted nuts, seeds & dried fruit
- Frozen banana “ghost pops” dipped in dark chocolate, decorated with cacao nib eyes 😊
- Pumpkin spice energy balls – made with dates, oats, and almond butter
- Apple “monster mouths” – apple slices + nut butter + sunflower seeds for teeth 😊



## Crunchy & Savory Picks

- Cinnamon-roasted chickpeas or spiced nuts – crunchy, protein-rich munchies
- Popcorn “cobweb bowls” – air-popped popcorn with a drizzle of dark chocolate
- Baked sweet potato chips with sea salt & paprika

## Family-Friendly Sips

- “Witch’s Brew” smoothie – spinach, banana, almond milk, cocoa, and a hint of honey
- Apple cider spritzer – unsweetened apple juice + sparkling water + cinnamon stick
- Golden milk shots – warm almond milk + turmeric + a touch of maple syrup



**“Whole foods heal — refined sugars  
steal.”**

**“Choose balance, joy, and mindful  
indulgence.”**



# Questions?

## Living Well With Geeta

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