

# Balance365 Episode 191 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

My friends, candy season is upon us. For many people that can mean a sudden and dramatic increase in sweets and treats in their homes from basically October to January. This can feel quite challenging for our listeners and members whether they have weight loss goals or not. Now, as you all know Balance365 has a no bad foods policy, meaning we don't moralize food, nor do we police people's choices. What we do provide is factual, sensible, balanced nutrition strategies that work for your average person like me and Jen. That means today we are going to have a factual, sensible, balanced chat about how candy can fit with your nutrition, or your weight loss goals. Because let's face it, all-or-nothing approaches aren't working, are they? Now if you find yourself struggling with sugar cravings, grab our free guide, "5 Reasons You're Craving Sugar and What to Do About It." You can find the link to it in the show notes of this episode. Enjoy,

ANNIE

Jen, it's candy season.

JEN CAMPBELL

It is.

ANNIE

Do you have a favorite candy?

JEN

I enjoy Turtles, which are a Christmasy kind of thing, but they are available all year round.

ANNIE

[Laughs]

JEN

Do you know what Turtles are?

ANNIE

I know what Turtles are. But that's just not, that is not the response I was expecting. And my first stop in my thoughts was -

JEN

No. [Laughs]

ANNIE

- the animal.

JEN

The chocolate bar. [Laughs]

ANNIE

Ma'am, I asked about candy and you give me an animal response. [Laughs]

JEN

Turtles and Snickers are my current favorites.

ANNIE

Okay.

JEN

But I also enjoy a bag of ketchup chips during sweets and treats season, which is a very Canadian thing.

ANNIE

It is, and I have had ketchup chips and I'm not sure why we don't have them in the States because they are good.

JEN

Yeah.

ANNIE

They really are.

JEN

And dill pickle.

ANNIE

We do have those.

JEN

Oh, you do? Okay.

ANNIE

Yes. Yes. Those are, those are good as well.

JEN

Okay, how about you?

ANNIE

My favorite candies? I don't know. Maybe peanut M&Ms?

JEN

My kids love those.

ANNIE

Which is great because my kids don't, so when they come home from trick or treating, or beggar's night, they like, I get all the M&Ms. Peanut m&ms. So it's a win-win.

JEN

You know what we don't call trick or treating in Canada is beggar's night.

ANNIE

Is that a United States thing?

JEN

It's gotta be. Never heard of that before.

ANNIE

You know, Iowa has some strange traditions. We also don't have trick or treat night on Halloween.

JEN

Oh, when is it?

ANNIE

It's like the night before usually.

JEN

Oh, like an eve thing.

ANNIE

Yeah, I think growing up, I was told that it was because there was just too much trouble in the neighborhood on the night of Halloween and gotta keep the kids safe. I don't know if that's legit. Or if that's just what my mom told me to keep me in after dark. But. [Laughs]

JEN

Oh, that's funny.

ANNIE

Anyways, we are here talking about how you can fit candy into your weight loss plan. Jen and I both clearly enjoy a variety of candies throughout the year. And you can, too.

JEN

Yeah.

ANNIE

And still reach your weight loss goals.

JEN

You can, and it may not even be weight loss goals. It might just be your nutrition goals and how you want to feel.

ANNIE

Yeah, if you want to enjoy candy in moderation, and -

JEN

And not feel like, ugh.

ANNIE

Yes, I think all of these still apply. So we're going to walk you through four tips to help you enjoy candy this season. And you want to talk about the first one, Jen?

JEN

Yeah, so number one, this is the biggest thing. The biggest aha moment that you could have about Halloween candy is stop bingeing on candy.

ANNIE

You make it sound like it's so easy, Jen. [Laughs]

JEN

It's not so easy. And so, the big realization that I would love people to have is that the problem isn't like, a candy that you're having here or there, right? The problem is the volume of candy that you have, often at one sitting, which can trickle into the next day, which can trickle into the next day. You know -

ANNIE

Like the flood gates are open.

JEN

Yeah, like, it's sort of that, I'll start on Monday mentality that a lot of people have.

ANNIE

So the problem isn't the occasional candy.

JEN

No.

ANNIE

It's the volume.

JEN

No, no, no. And so we've had an obesity medicine doctor named Dr. Yoni Freedhoff on this podcast, he is honestly one of my favorite people in this field. He's a dad, he's sensible. He's pretty realistic. But he has this theory called calorie clumping. And, you know, he's worked as an obesity medicine doctor in Canada for two decades. So, he's been able to see a lot, right? A lot of patterns, a lot of trends. And his theory is that this year over year weight gain that we see in people isn't because of the odd potato chip here or there. It's because of huge intakes of calories in short amounts of time. And he calls that calorie clumping. So I'm talking about it in relation to like Halloween sweets right now. But he refers to it throughout the whole year and talks about you know, Christmas or the two-week holiday you had in the summer where you went on a food and alcohol bender kind of thing.

ANNIE

Yeah. So this period that kind of starts with Halloween and goes through often New Year's can be one of those times.

JEN

Yeah, and it can be a really stressful time for our audience. Right? Whether it's, you know, our listeners or our members, Halloween to Christmas, right? Or Halloween to New Year's, which makes New Year's such a popular time to start a new diet because I think people are just like, done by the time they're done Christmas, right?

ANNIE

And we've, we have podcasts on that about like, "You've Been Bingeing for a Month Straight, Now What?" is actually one of our most popular podcasts because people kick it off with Halloween. And it's like sweet treats, parties, social gatherings, increase in maybe alcohol, like, it's just the season.

JEN

Yeah. Food season of indulging and calorie-dense foods. And yeah, it can make it challenging for sure. So, first of all, if this is your first podcast, first time you've ever listened to us, we aren't about like food morality here, food guilt, or anything like that. We're all about balance. And we want people to number one, release all the guilt they have about their eating habits, right? The

reason you binge is complex, and we're not going to solve it in one or two sentences on this podcast. I would recommend that people go download, we have a free guide called "Why You Binge and What to Do About It." And it will give you sort of a holistic look at why you have these overeating episodes. But that's if you don't know how to stop binge eating. If you just have like some minor bingeing and you're realizing, "Oh," like the solution really could be for some people listening, "Oh, I can just, yeah, just have a couple. I don't have to feel guilty about it." It doesn't have to trickle over into - two doesn't have to lead to 10. Friday doesn't have to lead to Saturday and Sunday. I can just have a bit, move on with my life.

ANNIE

Yep. Which, the guilt often leads to more of that. More candies, more guilt, more candies, more guilt, because you're feeling guilty and kind of shame-filled and not so great about yourself. You're not likely to have a very optimistic like, "Hey, no big deal. I can keep it moving" type of attitude. Right?

JEN

Yeah, I used to have this thing. I think this is really common actually, where I felt so guilty for eating, you know, quote-unquote, bad foods. It was like, I would have one and then I'd have two, and then I'd have to have as much as I could before I like came to. [Laughs] I don't know if that makes sense, but it's like, eat these real fast and it's like it didn't happen.

ANNIE

Oh, yeah, absolutely. Like, and then I can be a good person tomorrow.

JEN

Yes, exactly. [Laughs]

ANNIE

Then I can have my clean slate. Yes, absolutely.

JEN

And so instead of just pausing and going, "Okay, I've just had one and two and maybe three," and I'm like, "Ooh, three was a little too much. I'll just shut it down now." It's just this like pretty fast, rapid thing that you try to do.

ANNIE

Yes. So grab the free guide.

JEN

Grab the free guide. Yeah.

ANNIE

If you're struggling with why you can't stop bingeing, and we can link that in our show notes. Because that will help you understand the bigger picture.

JEN

Yeah, for sure.

ANNIE

But tip number one stop bingeing on candy.

JEN

Yes, just have it here and there.

ANNIE

Yep.

JEN

Which leads us to our second point, great segue to number two.

ANNIE

Take it away.

JEN

Decide in advance how much will be satisfying, and give yourself permission to eat that. No lying to yourself. So what I've noticed, in my coaching experience these last six, seven years, is that getting people to create realistic goals or make realistic plans for themselves is very hard. People just, they can't help but reach for unrealistic. They can't help it. And so when I say no lying to yourself, that's what I mean. Like, no, like, "Okay, one, I'm just going to have one." If that's a lie, don't do it. [Laughs] So key here is how much will be satisfying. Whether that's physically satisfying or emotionally satisfying. Doesn't matter. But how much is going to be satisfying to you. You know, and that is going to differ from person to person, what season of life they're in, what their current status is on their relationship with food. But I'll share, what was satisfying for me, you know, when I was just out of my dieting days, so I had a lot of food scarcity stuff that I still had to unpack, a lot of stuff around my relationship with food, my body, that I had to unpack. The amount that was satisfying for me then was a lot larger than it is now. And that's what I think people have a hard time understanding, especially those trying to break free from diet culture. It's very scary, because the amount of food they crave when they're first leaving diet culture, you think that's going to go on and on and on forever. And it doesn't it actually, if you do the work, if you keep unpacking all the beliefs and all the reasons that you are craving that amount of calorie-dense foods. It slowly declines.

ANNIE

Yeah, the story that's coming to mind is your experience with like, Blizzards, and how you used to think like, who's satisfied with a small or a mini Blizzard?

JEN

Yeah, I - [laughs]

ANNIE

Like, that just doesn't happen. They're lying to you. [Laughs]

JEN

Yeah, I remember having, like sitting down and eating an extra-large Blizzard, like, no problem. And now just the thought of that is like, "Whoa, that's a lot." And I can feel satisfied with a mini. Sometimes it's small. But my relationship with food, how I feed myself, is completely different than what it was then. So I don't have that like constant emotional hunger for, or physical, right? For large amounts of calorie-dense foods.

ANNIE

So, but in order to get there, you have to trust the process.

JEN

You gotta trust the process. Yeah, so...So decide in advance how much will be satisfying. And then do it. Don't feel shame, feel guilty. You're a human, not a robot. If it's six chocolate bars, let it be six. If it's one, let it be one. That's okay, too.

ANNIE

But I also want to say that "I'll have just one" is one of the biggest lines of BS -

JEN

[Laughs]

ANNIE

- most women tell themselves.

JEN

Yes.

ANNIE

So when you say no lying to yourself, you mean like, let's be, like you don't have to announce it to the world. You don't have to tell your partner. You don't have to tell your kids. You don't have to share it on social media, but like be at least be honest with yourself.

JEN

Yeah. And you probably are better off overshooting than undershooting in this situation, right? You're probably better off saying six. If you're not sure, maybe it might be six, if you're thinking four, maybe give yourself five or six and putting some back because you're done and you're satisfied. Rather than being left feeling like, "I really could have used more."

ANNIE



Yeah, because truly, I mean, again, bigger picture here. When you commit to something and you say, "I'm gonna have just one," and then you end up having three or four, that's a vote in the column for like, "I actually don't believe myself when I do commit to something." And that's really important. And being a woman with integrity in our book, like, when you say you'll do something, you follow through.

JEN

Yeah. And that's what people, I think, too, understanding that this is about more than just food right? This is also about keeping commitments to yourself and learning that you can keep commitments to yourself and what dieting does, years and years of dieting, it chips away at our confidence in ourselves, right? We've fallen off the wagon so many times we've failed. We've, you know, we've this, we've that, obviously what, you know, what our message is, what you and I both know is that women are set up to fail. But that happens over and over and over, that over the course of years of multiple diet failures, you don't believe in yourself anymore, you have a hard time even making small commitments to change because in the back of your head, you have this soundtrack going, saying, "Why bother? You're just going to fail." And so, so often these, but these commitments that you've been making all these years were never attainable, they were never realistic, you were being set up to fail. And so what happens when you start making realistic commitments, like, commitments that you can actually meet?

ANNIE

Yeah, and all of what you said can contribute to deciding how much in advance will be satisfying, that can feel like a really like, big question to answer, how to, like, "How do I know? I don't know." You know, if you aren't used to looking internal for how much to eat, when to eat, what to eat, that can be, you know, an overwhelming question.

JEN

Yeah. So just try it out, too.

ANNIE

You can do it.

JEN

Try it out. I also had a really funny conversation on a coaching call the other day that I wanted to share, I was talking with a woman about her summer routine and how, you know, every year, summer hits, her routine is thrown out of whack or habits are thrown out of whack, and she really has a lot of trouble getting back to things in the fall. And so we chatted through that, and you know, came up with some solutions for her. But then we ended up having, you know, a bigger picture talk about how, like, this is life, right? Like, routines change, circumstances change. And sometimes those circumstances change sporadically. Like, we didn't see it coming, and it can kind of hit us. And it takes a bit to find our feet, right? Like, okay, how do I adapt to this circumstance? How do I adapt my mindset? How do I adapt my eating habits? How do I adapt my movement habits? But the majority of women on that call agreed that they are often panicking about circumstances that come year after year after year. They know they're coming.

So summer comes around every year. Holidays like Christmas and Thanksgiving come around every year. For the farmers and the ranchers out there, calving season and harvest come around every year. For the accountants, tax season comes around every year. And Halloween comes around every year, etc, etc, etc. If you sat down and thought about it, you probably realize, "Huh, yes, I did know this was coming. I just didn't plan for it."

ANNIE

This is my biggest pet peeve, when people complain about Mondays.

JEN

Like, did you not know that Monday comes after Sunday? [Laughs]

ANNIE

You know. Every single week, this happens. Every week. So you can either try to change the days of the week. Or you could change your mindset.

JEN

You could. Yeah.

ANNIE

[Laughs]

JEN

So, let's start deciding how we want to navigate Halloween instead of just becoming reactive to it. Right? So what's a sensible, realistic way to indulge in Halloween treats without going overboard? No lying to yourself. And let your answer be different than other people's.

ANNIE

Yep.

JEN

And this is what I think this is one of the keys that I think will keep people from bingeing. I think some of the bingeing that goes on is people just getting caught flat-footed and sort of like, there's an overload of thoughts and often all or nothing thoughts. "No, don't have any. No, this is bad." And they just get so overwhelmed with it. They just eat it all. And they just, they're eating it all to just even stop the noise. Stop the overthinking. They just want it to stop.

ANNIE

Yeah, absolutely. Okay, number three. This is one of my favorites. Savor it.

JEN

I love this one too. And in the end, this can be tough. So there is an enormous difference between scarfing down a candy while hiding in the pantry and sitting down and enjoying some

candy after your kids are in bed, which is how I like to enjoy it. I don't know if that's how everybody does.

ANNIE

Well, I don't, I don't like to be in a position where I have might have to share candy that's for sure.

JEN

[Laughs] Exactly. So the first is panicked, right? It's, and it's likely an emotional eating response. And the second is mindful and likely going to be an intentional eating choice.

ANNIE

I think often what comes up especially around this time of year is, our environment obviously plays a factor. There's Halloween candy dishes all over the place, you know, at the dental office, at the auto parts store, whatever. And it's so easy to just mindlessly grab something, and then shove it in your mouth while you're like having a conversation, and you just -

JEN

At the auto parts store.

ANNIE

Yeah - [laughs]

JEN

Where you go all the time? [Laughs]

ANNIE

Listen, no, that is not where I hang out.

JEN

When you're buying auto parts? [Laughs]

ANNIE

Although there might be some single men there, I don't know.

BOTH

[Laugh]

JEN

Oh dear.

ANNIE

I drive by an auto parts store on the way to my kids' school.

JEN

I was just stopping here for a little thing that comes out of the back of your car? Mine's hanging a bit low, I need to buy that thing you know? Where the smoke comes out? [Laughs]

ANNIE

That's called an exhaust. Thank you very much. [Laughs] Okay, so no, I don't. I don't go to the auto parts store. But you know, the candy dishes are everywhere. And that was my point. [Laughs]

JEN

The mani-pedi place. [Laughs]

ANNIE

Okay, I was thinking on the fly. That would have been a more reasonable response. But thanks. Thanks for calling me out, Jen. Anyways, the point is, is that you can be grabbing this food with like no regard to, "Am I hungry? Do I want this? What even kind of candy is this? I didn't even look at the wrapper before I popped it in my mouth," you know? And that can also contribute to mindlessly eating it. And not savoring it.

JEN

Yeah. And the other thing when you start, it's about savoring the moment and the food, right? So I like to savor moments. Because they're far and few between. So the moment is special for me, and the food, and therefore the food can be special as well. So some tips for savoring are to plan to do it in a distraction-free environment. Chew slowly, right? Like really taste it. And then think about each bite. Right? So does your second, third, fourth, eighth bite taste as good as your first one did? And second to that, does it taste as good as you were imagining it to be? And what you'll find over time when you start savoring food is you actually really learn more what you like and don't like, right? It's not just this mindless candy consumption.

ANNIE

Mm-hmm. On that note, on that particular skill, learning to do that in a distraction-free environment can be so helpful because you aren't used to it, you're not really sure, like, what's happening and what you're experiencing. Over time as that skill improves, and you master that skill, you can do that, like on the go. Just a few days ago, I had a, I had some ice cream in a cup. And like, what is that, like...? Scooped. Scooped ice cream in a cup. And we were in the middle of the mall and about six, seven bites in, I was like, "It doesn't taste good anymore." And I tossed it.

JEN

Yeah, I know.

ANNIE

But I couldn't have done that when I was learning -

JEN  
Right.

ANNIE  
- to savor, and to actually taste food versus just eat it because it was there.

JEN  
Yeah, for sure. I know now that at Halloween, I can grab the odd Snickers from my kids' candy bags. But I'll also go out and buy some really good quality chocolate that my partner and I really liked to eat. Right? Rather than just the candy, what I call "meh" candy, like, I would consider, sorry to say this, but peanut M&Ms kind of meh. [Laughs] Tastes like chalk.

ANNIE  
I don't take that personal at all.

JEN  
But now, I can pass on those things that I have learned to...That I just don't actually particularly enjoy. Yeah.

ANNIE  
Yeah. Okay, the fourth and final tip. Balance it out.

JEN  
Yes. So this is the final tip, because I think that this is one of those tips that can be used as a tool or a weapon depending on where you are at in your food, fitness, nutrition weight journey, right? So, just so we're clear, our goal is that people use all of our tips and tricks as helpful tools, not as weapons, as ways to hurt themselves. And if you're new here, you might not understand that yet, but I hope you'll stick around and listen to all of our podcasts and start thinking and reflecting on your relationship with food. And if you can have a more positive one, so that you can use these as tools. So what I'll say here is that candy, depending on what it is, but it's primarily carbs, and fat, right? Whether it's a Snickers, or a bag of ketchup chips, or whatever you enjoy. They are sweet, salty, savory, whatever they are, but they're actually, you know, usually going to be a calorie-dense food as well, which just means for every bite you take, there is a lot more calories than if you're taking a bite of a low-density food, which would be like a carrot, for example. And those are just facts, that's not judgment, we don't have to bring feelings into it. It's just the factual information about the food. And you can have a look at nutrition labels, if you want to find out. So if I'm planning on indulging in candy, I might plan a lighter, nutrient dense meal beforehand, that's maybe lower in carbs and fat, knowing that I'm going to be having those later. Right? And keyword "might" here, right? So it really depends on the frequency. If you even have to care about this, like, if you are planning on indulging in candy every night for the week of Halloween, then that might be a strategy that you use that is super helpful. But if it's just, you know, once in a while, I wouldn't even worry about it. And that's at the point where I'm at with in my life with Halloween candy is that I can have a little bit and move on with my life. I'm not ruminating on it all week or the week before, but that's where I'm at. So I

don't feel that I need to change any of my habits to compensate, to fit it in. But other people might find that helpful.

ANNIE

Yeah, I'm actually, just last week I had, we had some candy in the house. And this isn't typical, which again, you know, the frequency of this habit. But I had some for breakfast. And instead of, if you know me, you know that I have the same breakfast every day. It's a protein shake and a waffle. I kept the protein shake, swapped the candy in for the waffle, called it good. No big deal.

JEN

Yeah. And it's not like the most nutritious choice to be making every single day. But you know, it was a one-off and you made a swap that worked for you. And you moved along.

ANNIE

Yeah, exactly.

JEN

Yeah. Where this gets abused, I think, is in, you know, circles of people or individuals that really are struggling with their relationship with food, and they don't know how to stop binge eating. And the only solution that they can come up with is to like, save their calories for later. Right? And that's how, when this information can be used as a weapon, as it's like, "Oh, this person saying anything can fit as long as I follow this x and y rule." Right?

ANNIE

Yeah. Which, sounds really good on paper. How that translates to how you feel in your body, your energy levels, the sustainability, like that's a completely different conversation, right?

JEN

Yeah. So I mean, ideally, Annie and I obviously want to see people working on their relationship with food and having like, normal, regulated eating habits. That's our goal for people. So if that's your, if that's your goal, then you're found the right podcast.

ANNIE

Yeah, you're in good company. Okay. So to review quickly, the four tips were number one, to stop bingeing on candy.

JEN

Yep. Have your candy, your little bit of candy, and move on with your life.

ANNIE

Yep. Number two, decide in advance how much will be satisfying and give yourself permission to eat that, no lying to yourself.

JEN

Yes.

ANNIE

Number three, savor it. And number four, balance it out.

JEN

Yeah, absolutely. We've got some other resources that we'll link to in the show notes. So last year's episode on Halloween treats was slightly different than this one. And you know, even more tips there that people might enjoy. And it's called "Four Tips to Moderate Halloween Candy." And we will link to that, just head over to the show notes. You can click on that to find it. And it dives a bit deeper into like the mindset. So again, if you find yourself being somebody who binges and you want to understand that a little bit more, that podcast dives more into that. And then for those listening who have children, and that's a whole nightmare [laughs] in itself, how to get your kids to stop bingeing. We have an awesome article on our blog called "How to Help Your Kids Moderate Candy Consumption at Halloween." So we'll link to both of those in the show notes.

ANNIE

I swear every single year at this time, my girlfriends with kids are reaching out to me, "What do I do? What do I say?" They understand that they don't want to label candy as off-limits, or bad, or something that they shouldn't ever have. But they also fear this, like, "If I give my kids free rein they're going to eat all the food and they're going to get a tummy ache," you know, all that stuff. And we cover all that in that.

JEN

Yeah, absolutely. And it's not like a quick fix, right? It's a whole holistic strategy you have to wrap around your kids 365 days a year. But honestly, it works. Like people who have been with us for years now write us and tell us like, "This philosophy has totally changed Halloween for my kids."

ANNIE

Yeah, I shared in our, in one of our team communication channels last week that my youngest handed me back chocolate cake and ice cream with like four or five bites left and she said, "I'm full."

JEN

Yeah, it really works.

ANNIE

It really does. Okay, well, thank you, Jen. Thank you everyone for tuning in. We wish you the happiest candy season yet.

JEN

Bye, everyone.

ANNIE  
Bye.

ANNIE (OUTRO)

Hey everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head on over to [balance365.co](https://balance365.co) to join coaching