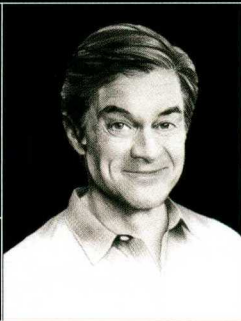


Is maple syrup better? Should you take a mani break? Find out here.



10.15

ASK DR. OZ ANYTHING

Your Burning Questions Answered!

Q If you need a little Halloween candy, which is best?

OZ SAYS I'm not going to tell you to pass up the sweets and eat raisins instead. Just make good candy choices—yes, I did just say “good” and “candy” in the same sentence. See which weigh in a little better than the rest.

For the chocolate lover

A SNACK-SIZE HERSHEY'S BAR

WHY It's the lowest-calorie choice of all of the season's bestsellers. While dark chocolate is generally better, says Karen Ansel, M.S., R.D.N., one study found that people who regularly ate a little bit of *any* chocolate were less likely to develop heart disease.
STATS Just 63 calories for a snack-size bar (and 7 g sugar, 3.6 g fat).

For the traditionalist CANDY CORN

WHY It's a classic, and you can eat a satisfying amount for not too many calories.
STATS 21 pieces deliver about 150 calories and no fat (but at around 27 g per serving, it's no sugar bargain).

For fans of the chew

TWIZZLERS

WHY Even if you have six of these, you'll chomp down just 180 cal. Since they take a while to eat, you're less likely to buzz through too many.
STATS 30 calories per piece, 3.75 g sugar, and 0 g fat



WHAT TO DO WITH LEFTOVER CANDY
Drop it in the mail to Operation Shoebox or Operation Gratitude; these nonprofits include it in the care packages they send to the troops. (See their websites for details.)

ASK DR. OZ
ANYTHING



**WHICH IS BETTER:
REGULAR MILK OR THE NEW,
ULTRAFILTERED KIND?**

OZ SAYS Both are great. If a nifty new product pushes you to drink more milk and get the important calcium and protein it packs, then go for it. One brand, Fairlife, has half the sugar, no lactose, 50% more protein, and 30% more calcium. All good, and the truth is, “regular milk is fine, too,” says Lisa Young, Ph.D., R.D., an adjunct professor of nutrition and public health at New York University. It already contains about 300 mg of calcium and about 8 grams of protein. (Most of us get enough protein anyway, without having to drink extra.)

That said, the ultrafiltered type might be worth its higher price for people who are lactose-intolerant. Most lactose-free milks contain an enzyme that helps you digest milk better. But Fairlife filters lactose out, so it tastes more like regular milk—and it’s generally cheaper than the standard lactose-free kind.



**IS MAPLE SYRUP
A HEALTHIER
SWEETENER?**



OZ SAYS Maple syrup is basically sugar, though it does contain some nutrients that regular white sugar doesn’t, including calcium, zinc, and potassium. But you’d have to down a half cup of it (that’s 420 calories) to get meaningful amounts of those minerals. Compared with table sugar, maple syrup scores slightly better on the Glycemic Index (GI), a measure of how much a food affects your blood sugar, so it spikes it less. Such a small difference in GI value wouldn’t have much of an effect on your health as a whole, though.

If you like the flavor of maple syrup, by all means drizzle some onto your oatmeal or yogurt. Just factor it into your daily added-sugar budget, which should be within 6 to 9 teaspoons a day. And be sure you’re using the real deal: Many bottles of “pancake syrup” don’t contain any true stuff from trees—they’re simply high-fructose corn syrup with caramel coloring and artificial flavor. “Pure maple syrup” should be the only ingredient on the label.