



# TREAT THIS, NOT THAT!



HAVE YOU EVER WONDERED HOW MANY CALORIES YOU WERE GETTING FROM YOUR FAVORITE HALLOWEEN TREATS? CHECK OUT OUR LIST BELOW TO SEE HOW YOU CAN TRICK YOURSELF INTO AN EVEN HEALTHIER TREAT.

<i>TREAT THIS</i>	<b>CALORIES</b>	<i>NOT THAT</i>	<b>CALORIES</b>
Sweet Tarts (1 treat bag)	50	Candy Corn (22 pieces)	140
York Peppermint Patty (small patty)	53	Fun Size Nestlé's Crunch (1 bar)	70
Reese's Cup (1 cup)	80	Reese's Peanut Butter Pumpkin	180
Tootsie Roll Midgees (2 small rolls)	47	Fun Size Kit Kat (2 bars)	100
Apple (4 oz)	60	Candied Apple	330
Dum Dum Pops (2)	51	Charm Blow Pops (2)	120
Rolos (2) 's	55	Fun Size M & M	90
Smarties (2 rolls)	50	Fun Size Skittles (1 bag)	80
Hershey Kisses (2)	50	Fun Size Butterfinger (1 bar)	85

## *Tips to stay on track during Halloween*



1. KEEP AN EYE ON SERVING SIZES AND PORTIONS.
2. CHOOSE LOWER CALORIES TREATS.
3. KEEP YOUR CANDY BOWL FILLED WITH YOUR NOT-SO-FAVORITE TREATS.
4. USE ALTERNATIVES TO CANDY.
5. MAKE A PLAN (FOR HOW YOU'LL NAVIGATE THESE CANDY-FILLED WEEKS).



# HAPPY HALLOWEEN