

**HALLOWEEN”
IS ONE
OF THE BEST
TIMES OF
THE YEAR.**

*A slight chill in the air,
spooky decorations and
of course, candy!*

Setting a hard limit for candy this holiday can take you out of the holiday spirit and leave you focusing on calorie intake instead of enjoying delicious once-a-year treats.

Looking to indulge with some moderation? Check out these swaps to knock out that sweet tooth!

Some swaps are about portion sizes, and some have a better nutritional profile designed to curb cravings faster.



**HALLOWEEN
CANDY
EDITION**

**THIS
NOT
THAT.**



LOOKING
TO
INDULGE
WITH
SOME
MODERATION?



TRY THIS

NOT THAT

M&MS FUN SIZE

M&MS REGULAR SIZE

PORTION CONTROL!

The fun sized pack contains only 73 calories vs 240 calories for the regular pack.
Try having 1-2 of the fun sized instead of one regular pack to save calories without missing out!

**GUMMY
FRUIT RINGS**

SOUR PATCH KIDS
(OR SIMILAR SOUR COATED GUMMY)

SUGAR DUST?

Any candy coated in sour dust packs more sugar than the naked gummies.



HERSHEY'S
MILK CHOCOLATE WITH ALMONDS

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MILK CHOCOLATE WITH ALMONDS

HEFTY OR SATISFYING?

At nearly 400 calories, the cookies and cream bar is hefty when compared to the 210 calories in the chocolate almond bar.

Bonus, you get fiber, protein, and good fats from the almonds to keep you full and a satisfying crunch!

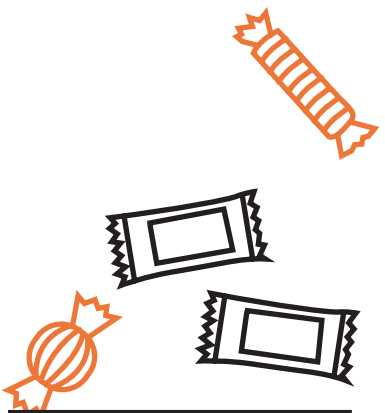
TWIZZLERS

SOUR STRAWS

DOWN WITH THE DUST.

Remember, sour coating = more sugar, and twizzlers are only 150 calories for a 16 ounce package!
Higher volume for less calories may keep you fuller longer!





DONT FORGET MODERATION.
 Try to eat a wholesome meal before indulging this will help you avoid indulging too much.

TIP



TRY THIS **INSTEAD OF...**

HOMEMADE POPCORN BALLS **KETTLE CORN**

HOMEMADE IS BEST

You can't always control kettle corn ingredients, often it's loaded with both salt and sugar that can leave you feeling bloated with a sugar crash to follow.

Try making your own popcorn balls with this fun recipe:

INGREDIENTS: 3 c air popped popcorn 1 bag mini marshmallows 2 tbsp butter Toppings as desired <i>(candy corn added in works well here!)</i>	1	Heat butter over medium heat until melted. Add bag of marshmallows, stir until smooth paste forms and remove from heat.
	2	Pour marshmallow butter mixture over popcorn, use hands to combine. <i>(Pro tip, butter your hands to prevent sticking).</i>
	3	Form baseball sized balls and allow to cool on parchment paper! Enjoy!

FULL SIZED REESE'S PEANUT BUTTER CUPS **FUN SIZED REESE'S PEANUT BUTTER CUPS**

WHOA, WAIT, AREN'T THE SMALLER CUPS LESS CALORIES?

Actually, 3 Reese's fun sized cups is 108 calories vs 1 regular cup at 110 calories.
 It's easy to eat more than 3 fun sized PB cups, (anyone else eat them by the handful? No? Just me?) so enjoy 1 or 2 full-sized cups instead of counting how many minis you've had.
***this tip goes for any fun size candy, if you find yourself reaching for more because it's smaller, consider just enjoying the full-size portion!*

SNICKERS **MILKY WAY**

SNICKER AND WALK AWAY?

Snickers has nuts (now with almonds or peanuts!), which give a satisfying crunch and help keep you fuller longer. It also is lower in calories than a Milky Way!

