

Halloween Treats

October, 2006



Halloween will soon be here, and families are stocking up on bags and boxes of chips, chocolate bars and other sweet treats. Some companies are even starting to promote these products year-round for school lunches. But the number of calories in one of those little treats may surprise you (especially when most people don't stop at just one!)

	Serving Size	Calories	Fat	Sugar
Cheezies	1 mini bag (28 g)	160 calories	2 ½ tsp.	1 ½ tsp.
Chiclets	2 pieces (3 g)	10 calories	0 tsp.	¾ tsp.
Jolly Rancher Lollipops	1 lollipop (17 g)	60 calories	0 tsp.	3 tsp.
Kraft Caramels	5 caramels (40 g)	160 calories	1 tsp.	7 ¼ tsp.
Oh Henry Bars	1 mini treat (15 g)	80 calories	1 tsp.	1 ¾ tsp.
Potato chips	1 mini bag (32 g)	160 calories	2 tsp.	¼ tsp.
Reese Peanut Butter Cups	1 mini treat (17 g)	90 calories	1 ¼ tsp.	2 ¼ tsp.
Twizzlers	1 mini pkg (18 g)	60 calories	0 tsp.	2 tsp.
Wagon Wheels	1 cookie (40 g)	170 calories	1 ¼ tsp.	4 ½ tsp.

You can deal with the large amount of “sometimes” foods at this time of year in two ways: 1) you can give out healthier Halloween treats such as juice boxes, granola bars, small bags of crackers, fruit leather, sugar-free gum or stickers and/or 2) you can set a limit of one treat per day so that the “sometimes” foods do not replace healthier choices.

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