

# THE CALORIE COST OF HALLOWEEN



Halloween buckets and pillowcases are teaming with mini-bites of Snickers, Kit Kats, and JuJube boxes, but what's the low down on calories? And sugar? If you're like me, you're guilty of justifying multiple handfuls of those mini-bad boys for your kids (and maybe even yourself).

Don't get me wrong—I am not anti-candy—I am **pro-awareness**. Halloween poses its own set of challenges, and you need to pay attention to how much you and your kids are eating.

Most of these mini or snack size versions **contain 10% or less of the calories I typically allot for Fun Food**. In other words, one or two per day is fine, on average. But you need to look at the big picture—how do these treats stack up when considering what's eaten during the whole day? The week?

Paying attention to the actual sugar content is important because there are guidelines for this in children. While Halloween candy is a **blatant source of added sugar**, you can track how they fit into the whole day, especially when added to other sources of sugar.

**Here are the recommended daily sugar intakes based on the age of your child:**

2-3 years: 4 teaspoons (16 grams) of added sugar per day

4-8 years: 3 teaspoons (12 grams) of added sugar per day

9-13 years: 5-8 teaspoons (20 – 32 grams) of added sugar per day

14-18 years: 5-8 teaspoons (20 – 32 grams) of added sugar per day

**Most kids are getting far more than the recommended amounts of sugar in their diet. This is due to consumption of soda or other sugary beverages, hidden sources of sugar (cereal, yogurt), and blatant sources, like candy and desserts.**

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Candy	Size	Calories	Sugar (grams)	Sugar (teaspoons)
Laffy Taffy	1 mini	30 kcal	4.2 g	1 tsp
Smarties	1 roll	25 kcal	6 g	1 ½ tsp
Lemon Heads mini box	1 box	110 kcal	21 g	5 ¼ tsp
Starburst Fun Size	2 candies	40 kcal	6 g	1 ½ tsp
Kit Kat Snack Size	1 bar	70 kcal	7 g	1 ¾ tsp
Hershey's Milk Chocolate Fun Size	1 bar	77 kcal	7 g	1 ¾ tsp
Reece's Pieces Snack Size	1 bag	67 kcal	7 g	1 ¾ tsp
Almond Joy Snack Size	1 bar	80 kcal	8 g	2 tsp
Twix Fun Size	1 bar	80 kcal	8 g	2 tsp
AirHead	1 bar	60 kcal	8.5 g	2 tsp
Snickers Fun Size	1 bar	80 kcal	8.5 g	2 tsp
Heath Bar Snack Size	1 bar	77 kcal	9 g	2 ¼ tsp
M&M's milk chocolate Fun Size	1 bag	73 kcal	9 g	2 ¼ tsp
Sour Patch Kids Mini	1 bag	50 kcal	10 g	2 ½ tsp
3 Musketeers Fun Size	1 bar	63 kcal	10 g	2 ½ tsp
Tootsie Pop	1 pop	60 kcal	10 g	2 ½ tsp
Swedish Fish Mimi Pack	1 bag	50 kcal	11 g	2 ¾ tsp
Reece's Peanut Butter Cup Snack Size	1 cup	110 kcal	11 g	2 ¾ tsp
Skittles Fun Size	1 bag	60 kcal	11 g	2 ¾ tsp
Dots Mimi Box	1 box	70 kcal	11 g	2 ¾ tsp
Nerds Mini Box	1 box	50 kcal	12 g	3 tsp
Brach's Candy Corn	1 bag	53 kcal	12 g	3 tsp