

HG's MASSIVE Halloween Candy Guide (2011 Edition)!

CHOCOLATE

LOW-CALORIE CHOCOLATE TREATS

These tiny treats can't be beat. Each one has 20 - 35 calories and 0.5 - 1.5g fat (PointsPlus® value 1).*

3 Musketeers Minis
Hershey's Kisses
Sixlets 8-piece tubes
Tootsie Roll Midgees
Whoppers Malted Milk Balls 3-piece tubes

CHOCOLATE MINIS

Minis are the small, typically square morsels. The kinds below have 35 - 55 calories and 1.5 - 3g fat (PointsPlus® value 1) per piece.*

Baby Ruth
Butterfinger
Hershey's Special Dark, Krackel, Milk Chocolate, and Mr. Goodbar
Kit Kat
Milky Way
Nestlé Crunch
Reese's Peanut Butter Cups
Snickers
Twix

SNACK-SIZE/FUN-SIZE CHOCOLATE

Snack-size and fun-size candies are usually about 2 inches long and weigh in at around half an ounce. The ones listed here have 60 - 85 calories and 1 - 4g fat (PointsPlus® value 2) per piece, pack, bag, or box.*

3 Musketeers
Baby Ruth
Butterfinger
Hershey's Milk Chocolate
Junior Mints
Kit Kat (one 2-piece bar)
M&M's Milk Chocolate
Milky Way
Nestlé Crunch
Raisinets
Snickers
York Peppermint Patties

SNACK-SIZE/FUN-SIZE CHOCOLATE PART II

Same specifics as the last list of snack-size/fun-size treats (about 2 inches long and half an ounce in weight), but these are a little higher in stats. Each bar or pack has 90 - 95 calories and 4 - 6g fat (PointsPlus® value 3).*

100 Grand
M&M's Peanut
Mr. Goodbar
PayDay

GUMMIES & CHEWY TREATS

LOW-CALORIE CONFECTIONS

These goodies are impressive in the stats department: 30 - 50 calories and 0 - 1g fat (PointsPlus® value 1) each.*

AirHeads mini bars
Laffy Taffy mini bars
Now and Later (2 pieces)
SpongeBob SquarePants Gummy Krabby Patties
Starburst (2 pieces)
SweeTarts Chews
Twizzlers Cherry Pull 'n' Peel snack-sized pieces
Twizzlers Strawberry Twists snack-sized pieces

CALORIE-BARGAIN TREAT-SIZE/SNACK-SIZE BAGS

Pouches, packs, bags, and packages! Each of these small sacks has 50 - 55 calories and 0g fat (PointsPlus® value 1).*

Brach's Candy Corn
Hot Tamales
Mike and Ike
Sour Patch Kids
Swedish Fish

MORE MINI BOXES 'N BAGS

While not quite as pint-sized in the calorie department as the last list, each petite pack has a reasonable 60 - 75 calories and 0 - 1g fat (PointsPlus® value 2).*

Dots
Mini Chewy SweeTarts
Skittles Fun Size

LOLLIPOPS, HARD CANDY & MORE

LOW-CALORIE SWEETS & SUCKERS

All-star stats here! Just around 20 - 25 calories and 0g fat (PointsPlus® value 1) each.*

Dum Dums
Everlasting Gobstopper mini pouches
Pixy Stix (3 straws)
Smarties rolls

MID-CALORIE CLASSICS

With 50 - 60 calories and 0 - 0.5g fat (PointsPlus® value 2) per pop, these long-lasting goodies are some of our favorites.*

Blow Pop
Ring Pop Halloween
Tootsie Caramel Apple Pops
Tootsie Pops

UNCONVENTIONAL OPTIONS

FUN PICKS WITH 50 OR FEWER CALORIES

Each treat, roll, package, or pouch has 35 - 50 calories and 0 - 1g fat (PointsPlus® value 1).*

Fruit by the Foot Mini Feet
Fruit Roll-Ups Mini Rolls
Jet-Puffed BooMallows
Pop-Tarts Mini Crisps Fun Size pouches
Rice Krispies Treats Mini Squares
Snyder's of Hanover 1/2-oz. bags

UNIQUE TREATS, STELLAR STATS

Unexpected and guilt-free! Each one has 60 - 70 calories and 2 - 3.5g fat (PointsPlus® value 2).*

Angie's Artisan Treats Authentic Kettle Corn Halloween Snack Packs
Pirate's Booty Aged White Cheddar 1/2-oz. bags
Quaker Chewy Fright Night Chocolate Chip mini granola bars
Sun-Maid Vanilla Yogurt Raisins Mini-Snacks

NEAT SWEETS, NICE NUTRITIONALS

Chomp into one of these for 100 - 120 calories and 3 - 3.5g fat (PointsPlus® value 3).*

Herr's Chocolate Mini Pretzels Halloween Treat Size bags
Keebler Scooby-Doo! Baked Graham Cracker Sticks packages
Peeps Chocolate Covered Marshmallow Pumpkin

SHOCKER ALERT: SWEETS WITH FRIGHTENING STATS!

Prepare to spend 180 - 200 calories and 9 - 10.5g fat (PointsPlus® value 5) if you indulge in one of these tricky treats.*

Cheeze-It Baked Snack Crackers packages
Keebler Mini Fudge Stripes packages
Reese's Peanut Butter King Size Pumpkins (1 pumpkin, half of package)



*The PointsPlus® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the PointsPlus® registered trademark.

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