

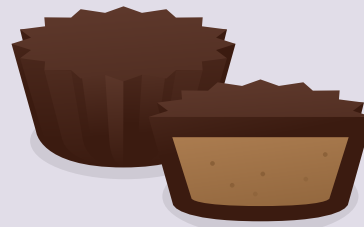


The trick for Halloween treats

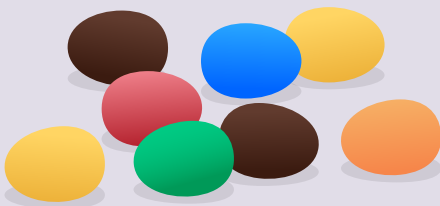
You can enjoy Halloween treats and still meet your health goals! The secret is portion size. To satisfy cravings while limiting sugar, small-sized portions are the way to go. Here are six candy treats you can enjoy that have **10 grams of sugar or less**:



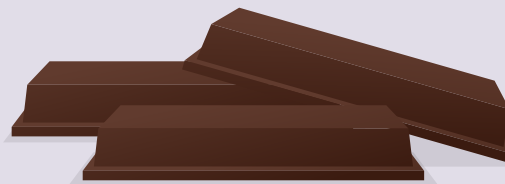
**1 individually wrapped
Mini York Peppermint Patty**



**2 Justin's Mini Dark Chocolate
Peanut Butter Cups**



8 Peanut M&M's



**1 snack-size Kit Kat
(3 wafer bars)**



3 Starburst squares



1 roll of Rockets