

# The trick for Halloween treats

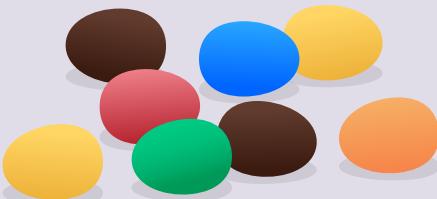
You can enjoy Halloween treats and still meet your health goals! The secret is portion size. To satisfy cravings while limiting sugar, small-sized portions are the way to go. Here are six candy treats you can enjoy that have **10 grams of sugar or less**:



**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**