

Halloween Candy: Lower-Calorie Treats Make Holiday Less Scary

Smarter choices for Halloween candy, cookies, and other goodies.

By [Elaine Magee, MPH, RD](#)

All those miniature candy bars lining the Halloween candy section of your local store look so harmless. But will the calories from that candy come back to haunt your waistline in the weeks ahead?

Candy in general is a big trigger for overindulgence, says Jayme Albin, MA, PhD, a cognitive-behavior therapist in private practice. Not only that, but our cravings for carbohydrates tend to increase as the weather gets colder and daylight hours get shorter. These two factors align at this time of year to make Halloween the perfect storm for calorie overload.

Lower-Calorie Halloween Treats

When you're buying Halloween candy or other treats for your controlled indulgences, keep in mind some choices are better than others. Here are some lower-calorie candy and treat choices that will still satisfy your particular cravings.

<u>INSTEAD OF:</u>	<u>CHOOSE:</u>
Chewy candy	A chewy treat that has no calories or is naturally sweet.
Dots: 2 mini boxes 150 calories and 22 grams sugar	Ice Breakers gum: 1 piece no fat, calories, or sugar
Fruit Gushers: per pouch 90 calories 0 grams of fat 12 grams sugar	Raisins: 1 mini box 45 calories 0 grams fat 10 grams naturally occurring sugars
Chocolate bars with high-calorie caramel and peanut butter added	Chocolate treats with something low-calorie added (like puffy grains).
Take 5 bars: 1 fun sized bar 105 calories 5.5 grams of fat 9 grams of sugar	Try mini Quaker Chewy Granola Bars: 1 bar 60 calories 2 grams fat 4 grams sugar
	Nestle Crunch Bars: 1 fun-sized bar 60 calories 3 grams fat 7 grams sugar
Chocolate bars filled with caramel, toffee or coconut	Plain milk or dark chocolate fun-size bars
Heath Miniatures: 3 bite-size pieces 115 calories 7 grams fat 13 grams sugar	Hershey's fun-sized bar 67 calories 4 grams fat 8 grams sugar
	<i>Bonus: You can also use these for baking or to make s'more</i>
Candy bars made with white chocolate	Dark chocolate treats
Hershey's Cookies 'n' Crème: 1 fun sized bar 73 calories 4 grams fat 6.3 grams sugar	3 Musketeers Mint : 1 fun-sized bar 63 calories 2.3 grams fat 9 grams sugar
	Dove Dark Chocolate: one foil-wrapped piece 42 calories 2.5 grams fat 3.8 grams sugar

Instead of:

Choose:

Candies with sugar-sweetened peanut butter fillings	Candy with whole nuts; which add protein, fiber and phytonutrients
Reese's Peanut Butter Pumpkins: per package 170 calories 10 grams fat 16 grams sugar	Peanut M&Ms: per mini-pack 90 calories 5 grams fat 9 grams sugar
Snack cakes	Portion-controlled snack cakes
Ding Dongs and Hostess Scary Monster Cupcakes: each 180 calories 7-9 grams of fat	Little Debbie 100 Calories Chocolate Cakes 100 calories 3 grams fat 12 grams sugar
Little Debbie Devil Squares and Cosmic Brownies: per package 260-280 calories 11 grams of fat	Hostess 100 Calorie Pack Twinkie Bites 100 calories 2.5 grams fat 11 grams sugar
High-fat crunchy snacks	Lower-calorie crunchies
Creepy Classic Mix with bags of Cheetos, Fritos, and Doritos: 1 mini bag 160 calories 10 grams fat	Snyder's 100 Calorie Pack Snaps Pretzels 100 calories 0.5 gram of fat
Cheez-It Sponge Bob Square Pants: 1 mini bag 160 calories 8 grams fat	Smart Mix sack of 20 bags of baked snacks like Sun Chips, Baked Cheetos, Baked Doritos, and Baked Ruffles 120 calories 4.5 grams
Fun-size packs of high-sugar cookies	Lower-sugar cookie fun size packs
Mini Oreos: 1 pack 65 calories 2.5 grams of fat 5.5 grams of sugar	Teddy Grahams 60 calories 2 grams fat



More Tips for Halloween Calorie Control

Beyond making smarter choices on the snack aisle, Jayme Albin, MA, PhD, offers four tips for avoiding calorie overload at this time of year:

Don't skip on exercise or outdoor time. Staying active and getting a daily dose of sunlight will help keep your mind and body balanced as the days grow shorter.

Don't munch mindlessly. Remove the Halloween candy from your sight. Keep it in the refrigerator or a hard-to-reach cabinet so you'll be fully aware of what you're doing when you grab a couple of pieces.

Decide ahead of time what your daily treat will be, and how many you'll have. Come up with a concrete number that works for you. Remind yourself that the candy will be there tomorrow if you want more.

Stock up on healthy snacks and sugarless gum. Have plenty of sugarless gum and healthy snacks (like baby carrots, grapes, apple slices) on hand for when you just feel like chewing on something.