

Halloween Candy Survival Guide:

Top 5 Candy Replacements:

1. Baked snack crackers (Goldfish or Cheez-its)
2. Fruit Snacks
3. Pretzels
4. Popcorn
5. Bare cinnamon apple chips

Top 5 Healthiest Candy Options:

1. Smarties: (25 calories, 6 grams of sugar, 0 grams of total fat)
2. Tootsie pops: (60 calories, 11 grams of sugar, 0 grams of total fat)
3. Hershey' Special Dark Chocolate Kisses: (Per 7-pieces: 150 calories, 9 g fat (6 g saturated), 20 g carbs, 17 g sugar, 0 mg sodium, 2 g fiber, 2 g protein)
4. Dark chocolate peanut butter cups: (Per 3-pieces: 200 calories, 12 g fat (6 g saturated), 22 g carbs, 18 g sugar, 110 mg sodium, 2 g fiber, 3 g protein)
5. Chocolate covered nuts (almonds, cashews, etc): A combo of chocolate with nuts is slightly better because it won't crash blood sugar as much as some other kinds of candy. Dark chocolate is healthier than milk chocolate because it has some antioxidants.

Top 5 Candies to Avoid:

1. Candy Corn: it's just sugar (more likely high fructose corn syrup), waxes, artificial food colors, and flavors.
2. Sour Patch Gummies and Jelly Beans: These contain addictive flavor and high levels of acid, which can erode tooth enamel and contribute to cavity formation
3. Starbursts: This fruit-flavored snack is full of some of the worst ingredients, including an artificial food coloring known as Red 40. This dye actually contains benzidene, a carcinogenic compound.
4. White Chocolate: White chocolate is just sugar and fat, so it's not the best.
5. Crunch Bars/Twix/Snickers/3 Musketeers: If the nutritional breakdown of these mini candy bars isn't enough to scare you away, the dental damages will!

Link for more Healthy Snack ideas

<https://justsimplymom.com/2020/09/30/healthy-halloween-snacks-for-kids-and-adults/>