

Fun Fact of the Week

20 Healthier Halloween Candy Choices*

OK, so it's all still sugar-filled candy and inherently not great for you, but sometimes there's no avoiding that sweet tooth. And while there may be no real "healthy" answer to Halloween, there's no need to fear all those delicious, tempting Halloween delights. We've rounded up the healthiest (or, at least the least guilt-inducing) trick-or-treat favorites. All our picks come in under 100 calories, 6 grams of fat, and 10 grams of sugar per serving. Plus, we've considered the satisfaction factor—so treating that sweet tooth won't leave the stomach grumbling.

1. Hershey's Special Dark

This classic is easy to love thanks to the antioxidant benefits of dark chocolate. Snack on two miniatures for a total of only 88 calories and 5.2 grams of fat.



2. Twizzlers

Hailed as a low-fat treat, the snack-size version is even more regret-free. Nosh on two for less than 100 calories and 0 grams of fat.



3. Peanut M&Ms

It's hard to stop at just one handful of this irresistible peanut-chocolate combo, so choose a snack-size bag (about 7 pieces) to limit intake, and dive in! Plus, Peanut M&Ms boast protein, fiber, and even some calcium with just 93 calories, 4.7 grams of fat, and 9.1 grams of sugar.

4. Reese's Peanut Butter Cups Miniatures

Even though the filling to this sweet treat is a dangerfood, sticking to a couple classic Reese's cups can make the perfect sweet snack. Plus, all those annoying wrappers help halt the binge at only two mini cups, keeping this Halloween classic on the "nice list" with 88 calories, 5.2 grams of fat, and 9.2 grams of sugar. Choose dark chocolate for extra antioxidants!

5. Tootsie Rolls

While the Tootsie Roll (yes, the 1990s dance move) probably burns calories, Tootsie Rolls (the candy) don't tack on too many calories themselves. Three minis contain only 70 calories and 1.5 grams of fat.



6. 3 Musketeers

These fluffy bars are light enough to snack on a few minis with no guilt. But stop at two; while they clock in at less than 50 calories, the 8 grams of sugar make them more of an indulgence.



7. Tootsie Pop

We don't know how many licks it takes to get to the center, but we do know it takes only 60 calories and 0 grams of fat (tootsie roll center included!). Beware the sugar though—the 10 grams in a single pop make this a one-and-done deal.

8. Payday

Despite what the name may suggest, a fun-size Payday doesn't take a huge toll on your diet. One bar contains 90 calories, 5 grams of fat, and 8 grams of sugar. Plus, thanks to the peanuts, it also boasts 2 grams of fiber and 7 grams of protein.

9. Mounds

Drift away on an imaginary tropical vacation with this candy's coconut filling. No need to worry about swimsuit season: One snack-size bar has 80 calories, 4.5 grams of fat, and 8 grams of sugar.



10. Almond Joy

This coconut-filled candy is nearly identical to its cousin, Mounds, as far as calorie, fat, and sugar content are concerned. For those who feel like getting a little nutty, Almond Joy has a slight upper hand thanks to the almonds' dose of fiber and unsaturated fat.

11. Raisinets

We know, we know, dried fruits can be a dangerfood. But this chocolate and raisin combo has only 67 calories and less than 3 grams of fat per snack-size bag (about 42 pieces). Proceed with caution, though—with nearly 10 grams of sugar, it's important to stop at one. Extra points for choosing the dark chocolate variety!



12. Kit Kat

"Gimme a break, gimme a break..." No really, go ahead. Kit Kat bars are relatively low in calories and fat thanks to their light, crunchy wafer center. One two-piece bar has 70 calories, 3.6 grams of fat and 9.2 grams of sugar.



13. Jolly Rancher

These fruity hard candies keep a mouth busy for minutes, upping their satisfaction factor. And two are only 47 calories and 8 grams of sugar.

14. Dum Dum Lollipop

With flavors from cream soda and cotton candy to the classic cherry and grape, what's not to love? Plus, these small pops have only 20 calories, 0 grams of fat, and under 4 grams of sugar.

15. Nestlé Crunch

Like Kit Kats, Nestlé Crunch bars pack a satisfying crunch, and those crispies don't pack on too many extra calories. One fun-size bar has 60 calories and 3 grams of fat, making it one of the lightest chocolate bars on the list.



16. Air Head

Don't be an airhead by passing on this sweet treat (yeah, we went there). One mini Air Head bar comes in under 50 calories and 7 grams of sugar. Plus, it's easy to get extra spooky with the "mystery" flavor!



17. Mike & Ike

Chewy and fruity, one snack-size box (easy to find around Halloween) makes the perfect snack. That one box has only 50 calories and 0 grams of fat, plus the candies contain some real fruit juice.

18. SweetTarts

For those who love a mouth-puckering sweetness, SweetTarts are the only sour candy to land on our list. The Halloween two-packs are hardly enough to satisfy a craving, though, so we're OK-ing three mini packs (for a total of 6 pieces)—running about 30 calories, 0 grams of fat, and 7.2 grams of sugar.

19. Heath Bar

Excellent as an ice cream mix-in, even better on its own—especially when it's earned trick-or-treating. One snack-size bar has 77 calories and 4.7 grams of fat.



20. Smarties

Trying to eat smart-ie? Smarties aren't a bad option. One roll is only 25 calories(!), 0 grams of fat, and 5 grams of sugar.