

## Nutrient Values for Halloween Candy

Item	Size in Grams	Calories	Fat Grams	Carbohydrate Grams
Kit Kat	12g	60 kcal	3 g	8 g
Aero	7.3 g	40 kcal	2 g	5g
Smarties	10 g	45 kcal	1.5 g	8 g
Coffee Crisp	12 g	60 kcal	3 g	8 g
Snickers	17 g	60 kcal	3 g	8 g
M&M plain	20g	80 kcal	3.5 g	14 g
M&M peanut	18g	60 kcal	5 g	10.5 g
Twix	23 g	125 kcal	8 g	13.5 g
Skittles	15 g	60 kcal	8 g	14 g
Caramilk	11 g	50 kcal	2 g	7 g
Oh Henry	15 g	70 kcal	4 g	9 g
Reese Peanut Butter Cups	15 g	80 kcal	5 g	9 g

While these calorie amounts may seem small, eating a 1500 calorie meal plan with a goal of 42 grams of fat and 206 grams of carbohydrates these small amounts can add up quickly.

Example: 1 Twix, 1 Kit Kat and 1 Reese Peanut Butter cup total to:

265 calories, 16 grams of fat and 32.5 grams of carbohydrates.

On a 1500 calorie meal plan this is using 38% of your daily fat target and leaving you only 35 calories to use between 2 other snacks.

When choosing snacks make sure you are making healthy choices that work within your meal plan.

### References:

Hershey Canada, (2015) Nutrient information. Retrieved on October 8, 2015 from:

<http://www.hersheycanada.com/>

Mars Canada, (2015) Nutrition info. Retrieved on October 8, 2015 from:

<http://www.mars.com/canada/en/>

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