

## Sweet surrender

Surviving the  
trick-or-treat aftermath

By Natalie Gingerich

**T**ricks may be for kids, but we never lose our taste for treats. Eighty percent of readers in a Self.com poll admit to dipping into that plastic pumpkin for leftover sweets, and 23 percent say they scarf the entire stash themselves. Even so, snacking on candy doesn't have to be diet disaster, says nutritionist Lisa Young, Ph.D., author of *The Portion Teller* (Morgan Road Books). Most Halloween treats are "fun size," which makes them perfectly portioned—the problem is that it's all too easy to eat one after another. Young's advice: "Keep the goodies in your freezer." Out of sight is out of mind, and when you do dig in, your frozen bite will take longer to eat. Enjoy it with a glass of skim milk, and you've got a satisfying snack. As long as you eat sensibly the rest of the time, a 100- to 200-calorie daily splurge won't derail your diet.

**Candy grams** A delicious snack for less than 100 calories is in the bag.

	CALORIES	FAT
<b>CHOCOLATE GOODIES</b>		
Peanut M&M's Fun Size	90	4.5 g
Snickers Fun Size	80	4 g
Milky Way Fun Size	75	3 g
KitKat Snack Size	73	3.7 g
York Peppermint Patty (mini)	53	1 g
Reese's Peanut Butter Cup (mini)	42	2.4 g
<b>OTHER SUGARY BITES</b>		
Candy corn (18 pieces)	97	0 g
Skittles Fun Size	80	0.8 g
Starburst (each)	20	0.4 g

### Sticky fingers

Candy corn gets stale because 69 percent of you say you reach for chocolate first.