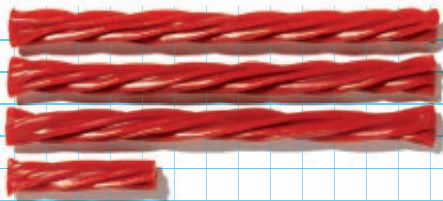


Keep the candy bowl from haunting you with this portion-control guide.

3 $\frac{1}{3}$

SNACK SIZE
Twizzlers



5

Starburst
ORIGINAL
FRUIT CHEWS



8

Dots



13 $\frac{1}{3}$

PIECES
BRACH'S
Candy Corn



28

MILK CHOCOLATE
M&M's



60

Smarties



1 $\frac{2}{3}$

SNACK SIZE
York
Peppermint
Patties



2

Twix
MINIS



A LITTLE
LESS THAN

1 $\frac{1}{2}$

SNACK SIZE
Kit Kats



3

Milky Way
Midnight
MINIS



1 $\frac{1}{4}$

Snickers
FUN SIZE BARS



4

3 Musketeers
MINIS



4 $\frac{1}{2}$

Tootsie Roll
MIDGEES



TRICKS FOR GETTING RID OF THE TREATS

DONATE IT Mail your individually wrapped chocolates or hard candy to Operation Gratitude, a nonprofit that boxes up care packages to send to overseas service men and women. *Operation Gratitude, 16444 Refugio Road, Encino, CA 91436*

FREEZE IT Stash leftover chocolates in the freezer—they'll be out of temptation's way, and frozen candy takes longer to eat, says *WH* weight-loss advisor Keri Glassman, R.D. When you want to indulge, chop up a mini candy bar or two and sprinkle a teaspoon of the pieces on a half cup of plain nonfat yogurt for a sweet snack that has less than 200 calories.

TOSS IT Think of it this way: It's better to feel guilty about a pound of candy in the trash can than a pound of candy on your thighs.

—Alex Kish