



# *Did you know...*

these 10 Halloween candies are the unhealthiest?

A healthy lifestyle isn't about depriving yourself, but rather making better choices when you do choose to indulge. Some candies contain more sugar than others, some more fat, and some are full of ingredients you simply can't pronounce, let alone identify. The following 10 Halloween candies are the worst.

1. 3 Musketeers are marketed as a "lighter" way to enjoy chocolate but they contain trans fat hiding in the form of hydrogenated palm kernel oil.
2. Sour Patch Kids contain sugar, invert sugar (a mixture of glucose and fructose) and corn syrup as well as preservatives (like citric acid) and artificial colorings.
3. Milky Way are high in sugar and most of the fat is saturated.
4. Butterfingers first ingredient is corn syrup followed by sugar, peanuts and hydrogenated palm oil plus preservatives like TBHQ which is made up of phenol and butane (also known as lighter fluid).
5. Snickers bars contain unhealthy doses of corn syrup and partially hydrogenated soybean oil (trans fat).
6. Twix candy bars are high in saturated fats and, at 7 grams, these candy bars use up 30% of the recommended daily intake.
7. Starburst are sugar, corn syrup and apple-juice concentrate followed by an array of artificial dyes, including Red 40, which contains a known carcinogen called benzidine.
8. Fun Dip is basically a stick made of sugar that you dip into a packet of flavored sugar.
9. Nerds are basically a box of sugar with artificial flavors coated in unnatural dyes.
10. Take 5 has sugar as its first ingredient (no surprise) but a regular-size bar contains a quarter of your daily-recommended intake of saturated fats! It's 210 calories, 11 grams of fat and 18 grams of sugar.

For more information visit [thedailymeal.com/healthy-eating/10-unhealthiest-halloween-candies-0](http://thedailymeal.com/healthy-eating/10-unhealthiest-halloween-candies-0)