

TREAT yourself



Satisfying your sweet tooth with one of these mini-size treats may actually help you stick to your weight-loss plan by squelching cravings before they get out of control. Here, the caloric damage. (It's not that bad.)

CANDY	CALORIES	FAT (g)
Snickers 2 fun-size bars	190	10
Milky Way 2 fun-size bars	180	7
Tootsie Roll 6 "Midgee" pieces	160	3
3 Musketeers 2 fun-size bars	140	4.5
Butterfinger 1 fun-size bar	100	3.5
Reese's Peanut Butter Cups 7 snack-size pieces	90	6
Rolo 3 pieces	80	2.5
Charms Blow Pop	70	0
Junior Mints 1 mini box	60	1
Sugar Daddy 1 junior pop	53	1
Mary Jane	36	1