HOW TO TREAT RIGHT AT HALLOWEEN

EMBRACING BALANCE

Most people in the U.S. enjoy chocolate and candy 2-3 TIMES PER WEEK, averaging about 40 CALORIES per day and about ONE TEASPOON of added sugar per day.

ALWAYS A TREAT

America’s chocolate and candy companies are committed to helping consumers manage their sugar intake. We are empowering consumers to make informed choices and helping them satisfy their emotional well-being needs...one treat at a time.

Get more tips at AlwaysATreat.com/HalloweenCentral

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