Halloween Treats are full of Tricks

1 pumpkin full of Halloween candy can have...

...as much as 365 teaspoons of sugar; the same amount of sugar in
12 double scoop vanilla ice cream cones

...the same amount of fat in 4 sticks of butter or nearly 15 large servings of fast food French fries.

...nearly 11,000 calories, which is almost
seven days worth of food (or 21 meals*) for a child.

*based on three meals a day

Don’t be spooked by Halloween candy. Go to Strong4Life.com/halloween for tricks on handling your child’s Halloween treats.