



A Guide to Moderate Candy Consumption

Daily Options
(50 - 100 calories / day)

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10 - 20 small jelly beans	
A "fun-size" candy bar	
1-2 strings of licorice	
3 pieces of hard candy	
2 bite-sized peanut butter cups	
2-3 bite-sized chocolates	
Chewing gum, as desired*	

For more information, visit www.CandyUSA.com/moderation.