



The Daily Meal

All Things Food & Drink

October 27, 2011

Over at the [NY Daily News](#), Dr. Timothy Chase spills on what he lets his kids keep after trick-or-treating. The results aren't pretty; he throws out taffies, Gobstoppers, Blow Pops, Gummi Bears, Twizzlers, Tootsie Rolls, Skittles, and lollipops.

"If it's chewy, has a high sugar content or is colored in a way you'd never see naturally, it's going to be bad news," he said.

Luckily, he does like Kit Kats and Hershey's chocolate, since simple chocolate and crackers can be washed right off teeth. But we're going to assume [candy corn](#) goes on the bad list.