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Thanks to the inventions Daniel Peter and Henry Nestle, modern milk chocolate is enjoyed as a favorite dish all over the world. Originating from Switzerland, two neighbors created it in 1875 as a special product. Since then, it has been integrated into a my myth of snacks including pastries, brownies and candy bars. What is the most popular candy in the world? Bestselling items vary by country, but there are some that consistently make the top 10 globally. Maryurys Connolly/Demand Media This candy bar includes milk chocolate, caramel, marshmallows and roasted peanuts. It entered the market in 1930 and was named after a favorite Martian family horse. It usually tops many lists of favorite candy bars. Hungry? Grab a Snickers! Maryurys Connolly/ Demand Media Harry Burnett Reese first started putting chocolate on a glass of peanut butter in 1923. He is a hershey employee and works on projects on the side, so no it's stolen from him. When Reese entered the world, it was sold in automated machines. In the 1940s and 1950s, the orange packed candy bar found its famous path and established its position as a popular chocolate candy worldwide. Maryurys Connolly / Demand Media Originated in English in 1935, Kit Kat was first known by another name, Rowntree's Chocolate Crisp. In 1937, however, it was changed to Kit Kat, the chocolate-covered wafer bar named after the famous 18th-century literary club, the London Kit Kat Club. Maryurys Connolly / Demand Media The combination of peanut butter, chocolate and butter has existed in the candy market since the 1920s. Created by Curtiss Candy Corporation and Otto Schnering, one of Butterfingers' first marketing programs was to drop candy bars from planes in nearly 40 U.S. cities. Their reputation as a popular chocolate candy soared as a result of this campaign. Maryurys Connolly/Demand Media Made from milk chocolate, marshmallows and caramel, Milky Way or Mars elsewhere outside the United States, launched in 1923. Created by Frank & Forrest Mars, their goal is to create a chocolate malt-flavored candy bar. Milky Way lovers can now enjoy three types: Original, Lite and Midnight. Maryurys Connolly / Demand Media First introduced in 1932, candy bar 3 Musketeers consists of three main ingredients: strawberries, vanilla and chocolate. Over time, the bar evolved into milk chocolate and chocolate marshmallows enjoyed today. Maryurys Connolly / Demand Media Baby Ruth first appeared in 1921 and is filled with peanuts, caramel and milk chocolate-flavored marshmallows. The company claimed its name was in memory of President Grover Cleveland's daughter Ruth. Others believe it was an attempt to monet the player famous baseball at the time, George Herman Babe Ruth. Maryurys Connolly / Media Needs While not a Candy Bar, M&S M fit the candy market very well, they are counted by some candy Forrest Mars lived on a trip to Spain in the late 1930s that many soldiers during the Spanish Civil War consumed small chocolates covered in a sugar shell. Eventually this shell keeps them from melting. In 1941, M& M launched. Therefore, the motto for M&M is melting in your mouth, not in your hands. The Oh Henry! Bar combines chocolate, caramel, fudge and peanuts. Created by the Williamson Candy Company in 1921, the name comes from a boy who will come into the company and flirt with the women. Their reaction to him was Oh Henry and the trapped name. Maryurys Connolly / Demand Media Milton S. Hershey began producing chocolate as early as 1894. As a treat for soldiers, he would send 30 pounds of chocolate cubes abroad. After the war, the soldiers bought chocolate for 5 cents. Hershey's bite-size Hershey Kisses was born in 1907 and remains on america's most popular chocolate candy list. Keep up with the latest daily buzz with the daily BuzzFeed newsletter! The first component is organic brown rice syrup, which sounds healthy enough but is really just another type of sugar, with similar health disadvantages. In total, this special bar contains 21 grams of sugar - more than 5 teaspoons of sweets and the same amount as the Kit Kat bar displayed on a nearby rack. In fact, about a third of the product's 240 calories come from straight lines. That may be as good as a once-pampered dessert for a while, but it's far from ideal when you're looking for a balanced snack to tide you over until dinner. Most people are attractive to bars because they are so easy. You can pop them in your wallet, eat them on-the-run, and don't have to worry about them spoiling or making a mess. But there are many food options that actually offer the same advantages. For example, small baggies of nuts and dried fruits travel well and provide a beneficial blend of protein, carbs, fiber, and whole foods. If you're not a nut lover, you can pack a bag of roasted edamame (soybeans) or carry snack bags of lentils or bean fries, providing more protein than carby fries and crackers. If you are going to eat snacks in the near future, you can find many fresh, healthy options at airports, gas stations and convenience stores, such as fruits, Greek yogurt, hummus and vegetables, chain cheese and peeled boiled eggs. If you can't give up the convenience of the bar, look for brands made with whole foods and as few ingredients as possible. The first ingredients listed should be nuts, nuts, oats, fruits or another healthy food - not sugar or one of its variants. Select bars with less sugar - ideally, less than 8 grams (2 teaspoons) unless the sugar comes from pure fruit (not fruit juice or fruit syrup). If you are running a marathon or embarking on a strict three-day walk, there is a place for more traditional energy bars with high amounts of calories and carbohydrates, but for most of us who just board or bounce between meetings, an apple or a handful of nuts is a much better option. I ended up munching on some almonds and a square of dark chocolate -- delicious and satisfyingly simple. Is there a food, diet, supplement, or health trend you want Sleuth nutrition to investigate? Leave a note in the comments section below! Discover GETTING PREGNANT BABY NAMED BABY TODDLER BIG KID FUN HEALTH PARENTING HOLIDAY NEWS STAY AT HOME GUIDE SHOP OUR MAGAZINE MORE By Liz NewmanPublished January 28, 2013 at 4:00PM When you watch Willy Wonka, you make un creative jokes about snozzberries and think how awful life would be if you lived in a single room with all your lame grandparents. When Dylan Lauren (Ralph's daughter) watched it, she created the world's largest unique candy store, including a smack in the middle of Lincoln Street. Painted among famous candy addicts such as Janet Jackson and Madonna, Dylan's Candy Bar has become Nyc's most popular candy store, as well as the largest in the world. Located on the first, second and third floors of a 15,000-square-foot building on the Upper East Side, Dylan's glass exterior is colored with bright blue columns along the interior, and inside, a bathtub filled with gumballs, mint-like barstools, and giant glass lollipops played on the ceiling give the store a Candyland theme. Dylan's also has a café where they sell oversized cupcakes, ice cream, and Krispy rice treats. Handle.

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