



# Halloween Treats 2021

<u>Chocolate bars (treat size)</u>	<u>Grams of Carb</u>	<u>Chocolate Bars</u>	<u>Grams of Carb</u>
Aero (7.3g) or scAero	5	Mars (13g)	9
Bueno Mini (5g)	2.5	Mr Big (11g)	8
Caramilk (2 sq(11g) = 7) 1 sq(8g) = 6	6	M&M -Milk Choc (13g) <small>Glow in the dark</small>	9
Coffee Crisp (12g) or Coffin Crisp	8	-Peanut (13g)	8
Crispy Crunch (12g)	8	O'Henry (15g)	8
Crunch (9g)	5.5	Reese's PB or Choc Pumpkin (17g)	9
Hershey: Cookies & Cream (10g)	6	Reese's Pieces (11g)	6.5
Milk chocolate (10g)	6	Reese's Mini PB Cups (8.8g)	5
Kinder Mini (6g)	3	Reece's Peanut Butter cup (16g)	8
Kinder Surprise (1 egg)	11	Smarties (10g) or Scarios (10g)	8
Kinder Happy Hippo (1 piece)	11	Snickers (13g)	8
Kit Kat (12g)	8	Twix (10g)	7
-Spooky Break (8g)	4.5	Wagon Wheel (1)	24
Mackintosh Toffee (8g)	6	Wunderbar (12g)	7

## Maynards (13g pkg)

Swedish Berries	12
Sour Patch Kids	12
Fuzzy Peach	12
Swedish Fish	12

## Wonka - Nestle

Nerds (12g box)	11
Runts (15g pkg)	14
Laffy Taffy (10g bar)	8.5
SweeTarts (7g -1 roll)	6

## Lollipops

Dum Dum Pop (5g pop)	5
Warheads Lollipop (5g pop)	5
Charms Blow Pop-gum filled (18g)	17
Jolly Rancher Pops (5.5g pop)	5

## Bubble Gum

Hubba Bubba Bubble Gum (1 piece)	4
Cry Baby Bubble Gum (5.5g pkg)	5
Painterz Mouth Coloring BG (5.5g)	5
Double Bubble Bubble Gum (6g)	5

## Tootsie Roll

Dots (1 box - 20g)	17
Tootsie Pops (1 pop - 17g)	15
Roll Snack Bar (16g bar)	12
Fruit Chews (1 piece)	5
Tootsie Pop Miniatures (5g pop)	4.5
Tootsie Roll Junior (10g)	7
Mini Tootsie Roll or Midgee (1 piece)	4.5

<u>Others</u>	<u>Grams of Carb</u>
<b>Twizzlers</b> -Twists (12 g )	9
-Pull n Peel (12g)	10
-Cherry Nibs (13g )	10
Kerr’s Molasses Kisses (1 piece)	7
Caramels (1 piece)	5
Fruit Gushers (23g pkg)	18
Fruit by the Foot (21g pkg)	17
Fruit Roll-ups (14g)	9
<b>Skittles</b> (Fun size)- original (15g)	14
- sours (15g)	14
Freddo Caramel Pumpkins (10g)	6
<b>Starburst</b> -Original(1 pkg – 2 pieces)	8
- Fave Reds	8
Body Parts-Eyes, Ears, Brain, Feet, Finger	5
<b>Gummy Party</b> -William Burger (10g)	8
- Sandwich Sam (10g)	8
- Hot Doug (10g)	8
- Ice Kim Cone (10g)	8
- Frank Fries (10g)	8
<b>Jolly Rancher</b> –Fruity Sours (13.5g)	12
-Misfit Gummies (10g piece)	9
<b>Real Fruit</b> Gummies (12g pouch)	10
<b>Black Forest</b> Fruit Snacks (23g pouch)	17
<b>Sunkist</b> Fruit Snacks (12g pouch)	9
Haribo Gummy -Happy Cola (12g)	9
-Goldbears (12g)	9
<b>Maid Good</b> Mini Granola Bars (12g)	7
Mini <b>Chips Ahoy</b> (15g pkg)	10
Mini <b>Oreo Minis</b> (15g pkg)	11
<b>Rice Krispie</b> Minis (11g bar)	8
<b>Goldfish</b> (14g pkg)	9

<u>Chips</u>	<u>Grams of Carb</u>
Old Dutch (16g pkg)	9
Lays (16g pkg)	9
Pringles (19g pkg)	11
Doritos- Nacho Cheese (16g pkg)	9
- Sweet Chili Heat (16g pkg)	9
Popcorn Twists (10g pkg)	5
Cheetos (16g pkg)	9
Cheesies (28g pkg Snack Pak)	16
Ruffles (16g pkg)	7
Humpty Dumpty Cheese Sticks (16g)	7
<b>Rocket’s</b> – Roll (7.5g)	7
- Mini Roll (4.5g)	4
- Candy Money(11g) or Ring(12g)	10
- Double Lolly (8g)	7
Popping Candy –Crack ups (1 pouch)	1
-Kool-Aid (1pack)	3
Popeye Candy Sticks (1 box)	2.5
Airheads (11g)	11
Candy Bracelet (12g)	11
<b>Carnaby</b> - treats (14g pkg)	
-Chocolaty Coated Mini Pretzels	10
-Toffee Popcorn with Choc Drizzle	12
<b>Skinny Pop Popcorn</b> -original (14g)	6
-white cheddar (14g bag)	7
-kettle corn sweet & salty (14g)	12
<b>Smartfood</b> White Cheddar Popcorn	
(12g)	5

### Tips to handle Halloween:

1. If you need to estimate the carbohydrate content of straight sugar candies (suckers, jawbreakers, bubble gum, gummy candy or hard candy), a good ‘rule of thumb’ is to weigh it and use the gram weight to calculate the carbohydrate. 1 gram in weight is equal to 1 gram of carbohydrate. This is a close estimate. You will be within 1-2 grams.
2. Sort candy into treats and those which can be used to treat low blood sugars (Rockets, Skittles). Put in little bags and label with “equals 10g Carb” or “equals 15g Carb”.

