



Carbohydrate Content of Popular Halloween Treats

Candy	Size/Package	Carb Count
100 Grand	Fun Size Bar	15 grams
3 Musketeers	Fun Size Bar (16 g)	12 grams
3 Musketeers Miniature	Miniature Bar	4 grams
Air Heads	1 Mini Air Head Bar	11 grams
Almond Joy	Snack Size Bar	10 grams
Ande's Mints	1 mint	3 grams
Appleheads/Cherryheads/Grapeheads	10 pieces	14 grams
Atomic Fireballs	1 piece	9 grams
Baby Ruth	Fun Size Bar	12 grams
Bit-O-Honey	6 pieces	38 grams
Bottle Caps	10 pieces	14 grams
Brach's Caramel Creams	1 piece	8 grams
Brach's Cinnamon Hard Candy	1 piece	6 grams
Brach's Fruit Chews	1 piece	6 grams
Brach's Milkmaid Caramels	1 piece	7 grams
Brach's Milkmaid Caramel Rolls	5 pieces	28 grams
Brach's Starlight Peppermints	1 piece	5 grams
Brach's Strawberry Filled Hard Candy	3 pieces	13 grams
Original Flavored Bubble Yum	1 piece	6 grams
Butterfinger	Fun Size Bar (21 g)	15 grams
Brach's Candy Corn	22 pieces (40 g)	36 grams
Charleston Chew (Vanilla Flavored)	13 pieces (40 g)	29 grams
Charms Junior Blow Pop	1 pop	14 grams
Charms Regular Blow Pop	1 pop	14 grams
Charms Super Blow Pop	1 pop (38 g)	34 grams
Dots	12 dots (43 g)	35 grams
Dove Milk Chocolate Promises	5 Pieces (40 g)	24 grams
Dove Milk Chocolate Promises w/ Caramel	5 pieces (40 g)	24 grams
Double Bubble Gum	1 piece	5 grams
Dum Dum Suckers	1 sucker	7 grams

Last updated 10/9/08

National Office

1701 North Beauregard Street
Alexandria, VA 22311
Tel: 703-549-1500

Diabetes Information

call 1-800-DIABETES (1-800-342-2383)
online www.diabetes.org
The Association gratefully accepts gifts through your will.

The Mission of the American

Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Candy	Size/Package	Carb Count
Fruit by the Foot	1 Roll	17 grams
Fruit Roll Up	1 Roll Up	12 grams
Goldfish Crackers	40 pieces	15 grams
Good and Plenty	33 pieces	33 grams
Blackforest Gummy Bears	11 pieces	30 grams
Gummy Body Parts	1 piece	8 grams
Gummy Eye Balls	1 piece	12 grams
Walgreen's Gummy Worms	13 pieces	31 grams
Heath Bar	Snack Size bar	9 grams
Heide Red Raspberry Dollars	15 pieces	34 grams
Hershey's Almond Bar	3 mini bars	15 grams
Hershey's Kissables	Snack Size Pouch	9 grams
Hershey's Kisses	1 piece	3 grams
Hershey's Milk Chocolate	3 Snack Size bars	25 grams
Hershey's Miniature Krackel	1 miniature bar	5 grams
Hershey's Miniature Milk Chocolate	1 miniature bar	5 grams
Hershey's Miniature Mr. Goodbar	1 miniature bar	4 grams
Hershey's Miniature Special Dark	1 miniature bar	5 grams
Hershey's Nugget	1 piece	6 grams
Hershey's Pay Day	Fun Size bar	10 grams
Hershey's Peanut Butter Kisses	9 pieces	21 grams
Hershey's Smores	Snack Size bar	12 grams
Hot Tamales	10 pieces	18 grams
Jawbusters	3 pieces	17 grams
Jolly Rancher Double Blast	1 package (10 pieces)	33 grams
Jolly Rancher Fruit Chews	6 pieces (39 g)	33 grams
Jolly Rancher Hard Candy	3 pieces	17 grams
Jolly Rancher Lollipop	1 lollipop	16 grams
Juicy Fruit Gum	1 Stick (3 g)	2 grams
Junior Caramels	1 small box	10 grams
Junior Mints	1 small box	11 grams
Kit Kat	3 two-piece bars	28 grams
Kraft Caramel	1 piece	6 grams
Laffy Taffy	1 piece	6 grams
Lemonheads	10 pieces	14 grams
Lifesavers Gummi Savers	6 pieces	13 grams
Lifesavers Hard Candies	4 pieces	16 grams
M & M's (peanut)	Mini Pack	13 grams
M & M's (plain)	Mini Pack	15 grams
M & M's Mini Box	Mini Box	10 grams
Mary Janes	1 piece	7 grams

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Candy	Size/Package	Carb Count
Mentos	1 piece	3 grams
Milk Duds	13 pieces	28 grams
Milky Way	Fun Size Bar	12 grams
Milky Way Miniature	Miniature Bar	6 grams
Mounds	Fun Size Bar	10 grams
Necco Junior Wafers	1 roll	13 grams
Nerds	1 Tbsp	14 grams
Nestle Crunch Mini	1 mini bar	10 grams
Nestle Crunch	Fun Size Bar	9 grams
Nestle Crunch White Chocolate	1 regular size	23 grams
Nestle Crunch Caramel	2 Fun Size Bars	25 grams
Now and Later	1 piece	3 grams
NutRageous	Snack Size	9 grams
Oreos	4 cookies	25 grams
Peep's Ghosts	1 ghost	11 grams
Pixie Sticks	Each Stick	2 grams
Pop Rocks	1 package (7 g)	7 grams
Razzles	2 pieces	3 grams
Red Hots	1 oz box	27 grams
Reese's Cup with Caramel	1 package- 2 cups	24 grams
Reese's Cup with White Chocolate	1 package-2 cups	22 grams
Reese's Fast Break	Snack size bar	12 grams
Reese's Inside Out	1 package- 2 cups	20 grams
Reese's Mini Cups	5 pieces	22 grams
Reese's Peanut Butter Cups	1 package -2 cups	29 grams
Reese's Pieces	50 pieces	23 grams
Rice Krispie Treat	1 bar (22 g)	17 grams
Ring Pop	1 ring pop	14 grams
Rolos	1 piece	5 grams
Runts	12 pieces	14 grams
Scooby-Doo Fruit Snacks	1 pouch	21 grams
Shock Tarts	9 pieces (16 g)	14 grams
Skittles	Mini Pack	18 grams
Smarties	1 Roll	7 grams
Snickers	Fun Size Bar	12 grams
Snickers Almond	Fun Size Bar	11 grams
Sour Patch Kids	1 package (17 g)	16 grams
Sour Patch Twist	1 twist	5 grams
Sprees	1 pouch	12 grams
Starburst	4 pieces	16 grams
Sugar Babies	Snack Size	24 grams

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Candy	Size/Package	Carb Count
Sugar Daddy	1 junior pop	11 grams
Super Bubble	1 piece	5 grams
Swedish Fish	1 package (17 g)	16 grams
Sweet Tarts (giant, chewy)	1 tart	9 grams
Sweet Tarts (mini, chewy)	1 pouch	18 grams
Sweet Tarts (small, hard)	5 packs of 3 candies	13 grams
Sweet Tart Chews	1 piece	7 grams
Sweet Tart Shockers	9 pieces (16 g)	14 grams
Sweet Tart Twists (chewy)	1 twist	6 grams
Toostie Caramel Apple Pops	1 pop	15 grams
Tootsie Miniature Pops	1 pop	4 grams
Tootsie Pop	1 pop	15 grams
Tootsie Roll Bar	1 bar (14 g)	10 grams
Tootsie Roll Fruit Rolls	6 pieces (40 g)	28 grams
Tootsie Roll Midgee Chews	6 pieces (40 g)	28 grams
Tootsie Roll Mini Chews	30 pieces	27 grams
Twix	Fun Size Piece	10 grams
Twizzlers	1 twizzler (10 g)	8 grams
Twizzler Pull 'N Peel	1 piece (33 g)	25 grams
Twizzlers Mini Bar	1 bar (14 g)	11 grams
War Heads Extreme Sour Hard Candy	1 piece	3 grams
War Heads Juniors Sour Hard Candy	1 piece	1 gram
Werther's Original Chewy Caramel Candy	1 piece	5 grams
Werther's Original Hard Candy	1 piece	4 grams
Whoppers	1 Fun Size (3 pieces)	6 grams
York Peppermint Patties Bite Size	1 piece	11 grams
York Peppermint Patties (39 grams)	1 piece	31 grams
Zours	23 pieces (40 g)	36 grams

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