



Calories & Carbohydrate Amounts for Candy Choices



Free Carb Choice: 5 or less grams carbohydrate

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| 1 stick gum (5-10 cal, 1-2 g carb) | 1 Wonka Pixy Stix (8 cal, 2 g carb) |
| 1 Hershey's Nugget (45 cal, 5 g carb) | |
| 1 Almond Hershey Kiss (23 cal, 2 g carb) | 1 small tube Whoppers (30 cal, 5 g carb) |
| 1 Caramel Hershey's Kiss (21 cal, 3 g carb) | 1 Miniature: Three Musketeer, Milky Way, |
| 1 Bazooka Bubble Gum (15 cal, 4 g carb) | Twix, Snickers (38 cal, 5 g carb) |
| 1 mini Candy Cane (17 cal, 4 g carb) | 1 Hershey's Mini Assorted (42 cal, 5 g carb) |
| 1 Dum Dum Sucker (20 cal, 5 g carb) | 1 Reese's Mini PB Cup (44 cal, 5 g carb) |

½ Carb Choice: 6–10 grams carbohydrate

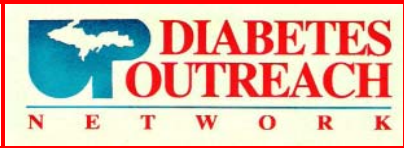
6-7 g carb	8-9 g carb	10 g carb
1 Tootsie Roll Midgee (23 cal)	1 Hershey's Kiss (26 cal)	1 pkt (2 pc) Starburst (40 cal)
1 Jolly Rancher (23 cal)	1 Bazooka Pop (30 cal)	1 Air Head mini (45 cal)
1 Bubble Yum (25 cal)	1 Fun Size or Snack Size Charleston Chew (45 cal) Milk Duds (54 cal) Hershey's (67 cal) Kit Kat (73 cal) Heath Bar (74 cal) Mounds (83 cal) Nutraeous Roll (88 cal) Mr Goodbar (90 cal) Reese's Crispy Crunch bar (95 cal)	1 Tootsie Roll bar (50 cal)
1 Smarties roll (25 cal)		<u>1 Fun Size or Snack Size</u> Reese's Whipps (60 cal) Snickers (80 cal) Almond Joy (80 cal) Take Five (85 cal) Pay Day (90 cal)
1 pkg Pop Rocks (25 cal)		
3 Gobstoppers (30 cal)		
4 Bottle Caps (30 cal)		
1 Laffy Taffy (32 cal)		
1 Twizzler twist (32 cal)		
1 Fun Size or Snack Size Nestles Crunch (50 cal) Twix (50 cal) M & M Mini Box (70 cal)		

1 Carb Choice: 11–18 grams carbohydrate

11-13 g carb	14-18 g carb
1 full size Candy Cane (40 cal)	1 Blow Pop sucker (50 cal)
1 mini bar Twizzlers (45 cal)	1 Lollipop (60 cal)
8 Sweettarts (50 cal)	1 Caramel Apple Sucker (60 cal)
1 pkt Hot Tamales (50 cal)	1 Tootsie Pop (60 cal)
sm box Mike & Ikes (50 cal)	9 Juicy Fruits (60 cal)
5 Warheads (50 cal)	1 sm box Runts (60 cal)
1 box Nerds (50 cal)	1 box Dots (70 cal)
1 Fruit Roll-Up (52 cal)	11 pieces Candy Corn (70 cal)
1 roll Lifesaver gummies (52 cal)	sm pouch Whoppers (100 cal)
1 York Peppermint Patty (53 cal)	
1 pkt Raisinettes (56 cal)	Fruit Snacks (60-80 cal, 15-25 g carb)
Fun size or snack size Junior Mints (50 cal) Three Musketeers (64 cal) Milky Way (75 cal) Baby Ruth (85 cal) M & M's plain (88 cal) M & M's peanut (93 cal) Reese's PB Cup (100 cal)	Fun size or snack size Spree (50 cal) Skittles (80 cal) Butterfinger (85 cal) 100 Grand (95 cal) Reese's Peanut Butter Pumpkin (180 cal)

Trick or Treating Tips for parents:

- Be sure to eat a healthy meal before trick or treating
- Limit bag size (larger bag = more candy)
- Wait to eat treats until you get home
- Put a limitation on how many treats your child can have daily
- Combine treat with a healthy snack
- Arrange a "buy out": pay your child a penny or a nickel for each piece of candy

<p align="center">U.P. Diabetes Outreach Network <i>Strengthening Diabetes Care & Prevention in Upper Michigan since 1985</i> (906) 228-9203 www.diabetesinmichigan.org</p>	
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