



Carbohydrate Amounts for Candy Choices

(serving size: 1 “fun or snack size” bar, box, packet, piece, pop, pouch or roll)

Free Carb Choice: 5 or less grams carbohydrate (Limit to 3 servings spaced throughout the day)

1 Charm Pop	1 Reese’s Miniature Peanut Butter Cup
1 Hershey’s Nugget	1 Hershey’s Assorted Miniatures
1 Joe Blo Bubble Gum	1 Three Musketeer or Snicker Miniature
1 Jolly Rancher Candy	1 Wonka Pixie Stix
1 Dum Dum Sucker	

½ Carb Choice: 6–10 grams carbohydrate

Bazooka Pop	Laffy Taffy	Rice Krispie Treat
Bit-of-Honey	Mega Warheads	Shock Tarts
Bottle Caps	Milk Duds	Smarties
Bubble Yum	Mounds	Sour Punch Twist
Charleston Chew	Nerds	Sprees
Fruit Roll-Up	Nestle’s Crunch	Starburst (1 pkt or 2 pcs)
Gobstoppers	NutRageous Nut Roll	Twix
Hershey’s Chocolate	Oreos	Twizzler
Juicy Fruit Gum	Reese’s Bites	M & M’s Mini Box
Kit Kat	Reese’s Peanut Butter Cup	Milky Way Miniature
	Reese’s Sticks	Tootsie Roll Midget

1 Carb Choice: 11–19 grams carbohydrate

Any Fruit Snack	Hershey’s Marshmallow	Skittles mini pack
Air Heads	Hot Tamales	Snickers
Almond Joy	Jolly Rancher Lollipop	Sweet Tarts mini pack
Baby Ruth	Kit Kat – 2 pieces	3 Musketeers
Blow Pop Sucker	M & M’s mini pack	Tootsie Roll Bar
Butterfinger	(plain or peanut)	Tootsie Roll Pop
Dots	Mike & Ike	Tootsie Roll Midgets (6)
Candy Corn (15 pieces)	Milky Way	Twix (1 cookie)
Candy Cane (1 full size)	Necco Wafers	Warheads (5)
Candy Sucker	100 Grand	Whoppers
Gummi Savers	Runts	Zours

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