

# Carb Count Reference

## Halloween Candy Guide

### 100 Grand

1 fun size bar 15g

### 3 Musketeers

1 fun size bar 12g

1 mini 5g

### Almond Joy

1 fun size bar 12g

1 mini 8g

### Baby Ruth

1 fun size bar 17g

### Bit-O-Honey

1 piece 6g

### Bottle Caps

10 pieces 14g

### Bubble Yum

1 piece 6g

### Butterfinger

1 fun size bar 15g

1 mini 8g

### Candy Corn

15 pieces 15g

### Charleston Chew

1 piece 9g

### Charms Blow Pop

1 pop 14g

### Dots

12 dots 35g

### Dum Dum Sucker

1 sucker 6g

### Gummy Bears

11 pieces 30g

### Heath Bar

1 fun size bar 9g

### Hershey's Almond

3 mini bars 15g

### Hershey's Chocolate

1 fun size bar 10g

### Hershey's Kisses

1 piece 3g

### Hershey's Special Dark

1 mini 5g

### Hot Tamales

1 small box 18g

### Jolly Ranchers

1 piece 6g

### Jolly Rancher Pop

1 pop 16g

### Kit Kat

1 fun size bar 10g

1 mini 5g

### Krackel

1 mini 5g

### Laffy Taffy

1 piece 7g

### M&Ms

1 fun size bag 10g

### M&Ms Peanut

1 fun size bag 10g

12 dots 35g

### Milk Duds

1 fun size bag 9g

### Milky Way

1 fun size bar 12g

1 mini 6g

### Mounds

1 fun size bar 10g

### Mr. Goodbar

1 fun size bar 9g

1 mini 4g

### Nerds

1 small box 14g

### Nestles Crunch

1 fun size bar 12g

### Pay Day

1 fun size bar 9g

### Reese's PB Cups

1 snack size 10g

1 mini 5g

1 pumpkin 17g

### Skittles

1 fun size bag 18g

### Smarties

1 roll 6g

### Snickers

1 fun size bar 12g

1 mini 5g

### Starburst

2 chews 8g

### Sweet Tarts

1 fun size bag 13g

### Tootsie Pop

1 pop 16g

### Tootsie Roll Midgee

6 pieces 28g

### Twix

1 fun size bar 9g

1 mini 6g

### Twizzler

1 fun size bar 11g

### Warheads

5 pieces 13g

### Whoppers

1 fun size pouch

3 pieces 6g

### Wonka Pixie Stix

1 6" stix 2g

### York Peppermint Patty

1 small patty 11g

## Tips & Tricks

1- Plan Ahead

2- Don't snack until after trick-or-treating  
(When carbs can be counted & insulin dosed)

3- Moderation is Key!

4- Save some candy for later to use as low treatment  
(Skittles/Starburst)

