



HALLOWEEN CARB COUNTING GUIDE



The Alberta Children’s Hospital Diabetes Clinic has created this guide to assist with counting carbs during this Halloween season. Here are some tips.

- For straight sugar candies such as suckers, jawbreakers, bubble gum, gummy candy or hard candy
 - Weigh it and use the gram weight to calculate the carbohydrate
 - 1 gram in weight is equal to 1 gram of carbohydrate (close estimate within 1-2 grams of carbs)
- Sort candy and save those that can be used to treat low blood sugars, such as Rockets or Skittles
 - Place in little bags and label with *equals 10 g carb* or *equals 15 g carbs*

CANDY

	Size (g)	Carbs (grams)		Size (g)	Carbs (grams)
Airheads	12	12	Rockets Candy Money	11	10
Blow Pops	18	17	Rockets Double Lolly	8	8
Body Parts - Eyes Ears etc	1 each	7	Rockets Mini Roll	4.5	4
Candy Bracelet	10	9	Rockets Ring	12	10
Caramels	1 each	5	Rockets Roll	7.5	7
Cotton Candy	15	15	Skittles	15	14
Cry Baby Bubble Gum	5.5	5	Sour Patch Kids/Fuzzy Peach	12.7	11
Double Bubble Gum	6	5	Sour Punch	6	5
Freddo Caramel Pumpkin	10	6	Starburst Fave Reds	2/pk	8
Fruit by the Foot	21	17	Starburst Original	2/pk	8
Fruit Roll Ups	14	11	Swedish Berries/Fish	12.7	11
Gummy Party	8	6	Tootsie Dots - 1 box of 11	20	17
Haribo Gummy Happy Cola	14	11	Tootsie Fruit Chews	1 each	5
Hi-Chew	1 each	4	Tootsie Roll Mini	1 each	4.5
Hubba Bubba Gum	1 each	4	Tootsie Midgee Mini	1 each	4.5
Jelly Belly Lollipop	17	15	Tootsie Roll Snack Bar	16	12
Jolly Rancher Gummy	10	9	Tootsie Roll Junior	10	7
Jolly Rancher Pops	5.5	5	Tootsie Pops	17	15
Kerr's Molasses Kisses	1 each	7	Tootsie Pop Mini	5	4.5
Monster Mash Fruit Snacks	23	19	Twizzlers Cherry Nibs		
Painterz Mouth Coloring Gum	5.5	5	Twizzlers Pull n Peel	13	10
Popeye Candy Sticks	1 box	2.5	Twizzlers Twists	12	10
Popping Candy Kool-Aid	1 pk	3	Warheads Lollipop	12	9
Popping Candy Warheads	1 pk	3	Welch's Halloween Fruit Snack	5	5
Real Fruit Gummies	12	10		14	10

CHOCOLATE BARS

	Size (g)	Carbs (grams)			Size (g)	Carbs (grams)
Aero	7.3	4.5		Mr Big	11	7
Cadbury Dairy Milk Oreo	15	8		M&M Milk Choc	13	9
Caramilk	10	6		M&M Peanut	13	7
Coffee Crisp	11	8		O'Henry	15	8
Crispy Crunch	12	8		Reese's PB Pumpkin	17	9
Crunch	9	5.5		Reese's Choc Pumpkin	17	9
Hershey Cookies & Cream	13	8		Reese's Pieces	11	7
Hershey Fangs & Crocs	13	8		Reese's Mini PB Cups	8.8	5
Kinder Bueno Mini	5	2.5		Reese's PB Cup	16	8
Kinder Chocolate Mini	6	3		Smarties	10	8
Kinder Surprise	1 egg	11		Snickers	13	8
Kit Kat	12	7		Twix	10	7
Kit Kat Spooky Break	8	4.5		Wagon Wheel	1 each	24
Mackintosh Toffee	8	6		Whoppers	7	5
Mini Toffee Crunch	12	7		Wunderbar	12	6
Mars	13	9				

CRUNCHY SNACKS

	Size (g)	Carbs (grams)			Size (g)	Carbs (grams)
Cheezies	28	16		Lays chips	16	8
Cheetos	16	8		Made Good Granola Bar	12	8
Crispy Minis Cheddar	18	12		Old Dutch chips	16	9
Doritos Nacho Cheese	16	9		Popcorn Twists	10	5
Doritos Sweet Chili	16	9		Pringles	19	11
Goldfish	14	9		Rice Krispie Minis	11	8
Goldfish	28	18		Smartfood White Cheddar Popcorn	12	5
Humpty Dumpty Cheese Sticks	16	7				