

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 |
| 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 |

| Candy | Size/Package | Carb Count |
|------------------------------------|-----------------------|-------------------|
| 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 |
| 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 |

| Candy | Size/Package | Carb Count |
|----------------------------------|---------------------|-------------------|
| 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 |
| 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 |

| Candy | Size/Package | Carb Count |
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| 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 |