

Happy Halloween!



(Serving Size: "fun size" bar, box or pouch, sucker or roll)

<u>Candy</u>	<u>Carbohydrate Amount</u>
Air Head	15 gms
Almond Joy	12 gms
Baby Ruth	17 gms
Bazooka Pop	11 gms
Bit-O-Honey	6 gms
Bottle Caps	7 gms
Bubble Yum	6 gms
Butter Finger	15 gms
Candy Corn	13 gms
Charleston Chew	9 gms
Charm blow pop	5 gms
Dots drops	20 gms
Gobstoppers	8 gms
Carmel Apple sucker	17 gms
Gummi Savers	14 gms
Hershey's Mallow Pumpkin	20 gms
Hershey's Chocolate Bar	10 gms
Hot Tamales	18 gms
Jolly Rancher pop	16 gms
Juicy fruits	9 gms
Kit Kat	10 gms
Laffy Taffy	7 gms
M&Ms (peanut)	13 gms
M&Ms (plain)	15 gms
Mike & Ikes	18 gms
Milk Duds	7 gms
Milky Way	14 gms
Mounds	11 gms

(Serving Size: "fun size" bar, bag, box or pouch, Pop or Roll)

<u>Candy</u>	<u>Carbohydrate Amount</u>
Necco Wafers	13 gms
Nerds	9 gms
Nestle Crunch	7 gms
Nut Rageous	9 gms
Nut roll	10 gms
100 Grand	15 gms
Oreos	9 gms
Reese's Bites	8 gms
Reese Peanut butter cup	10 gms
Reese Sticks	9 gms
Rice Krispie Treats	9 gms
Runts	14 gms
Shock Tarts	11 gms
Skittles	17 gms
Smarties	8 gms
Snickers	12 gms
Sour Patch kids	7 gms
Sprees	7 gms
Starburst	8 gms
Sugar Babies	24 gms
3 Musketeers	13 gms
Tootsie Roll bar	12 gms
Tootsie Roll Pop	16 gms
Twix	6 gms
Twizzler	15 gms
Whoppers	12 gms

