

Carbohydrate Content of Popular Halloween Treats

Candy	Size/Package	Carbohydrates
100 Grand	1 Fun Size Bar	15 g
3 Musketeers	1 Fun Size Bar (16 g)	12 g
3 Musketeers Miniature	1 Mini Bar	4 g
Air Heads	1 Mini Air Head Bar	11 g
Almond Joy	1 Snack Size Bar	10 g
Appleheads / Cherryheads / Grapeheads	10 Pieces	14 g
Atomic Fireballs	1 Piece	9 g
Baby Ruth	1 Fun Size Bar	12 g
Bit-O-Honey	6 Pieces	38 g
Brach's Caramel Creams	1 Piece	8 g
Brach's Cinnamon Hard Candy	1 Piece	6 g
Original Flavored Bubble Yum	1 Piece	6 g
Butterfinger	1 Fun Size Bar	15 g
Brach's Candy Corn	22 Pieces (40 g)	36 g
Charleston Chew (Vanilla Flavor)	13 Pieces	29 g
Charms Junior Blow Pop	1 Pop	14 g
Charms Regular Blow Pop	1 Pop	34 g
Dots	12 Dots (43 g)	35 g
Dove Milk Chocolate Promises	5 Pieces (40 g)	24 g
Dum Dum Lollipops	1 Pop	7 g
Fruit by the Foot	1 Roll	17 g
Goldfish Crackers	40 Pieces	15 g
Good and Plenty	33 Pieces	33 g
Black Forest Gummy Bears	11 Pieces	30 g
Walgreen's Gummy Worms	13 Pieces	31 g
Heath Bar	Snack Size Bar	9 g
Hershey's Almond Bar	3 Mini Bars	15 g
Hershey's Kiss	1 Piece	3 g
Hershey's Milk Chocolate	1 Snack Size Bar	8 g
Hershey's Milk Chocolate	1 Mini Bar	5 g
Hershey's Miniature Krackel	1 Mini Bar	5 g
Hershey's Miniature Mr. Goodbar	1 Mini Bar	4 g
Hershey's Miniature Special Dark	1 Mini Bar	5 g
Hershey's Nugget	1 Piece	6 g
Hershey's Pay Day	1 Fun Size Bar	10 g
Hershey's Peanut Butter Kiss	9 Pieces	21 g
Hershey's Smores	1 Snack Size Bar	12 g
Hot Tamales	10 Pieces	18 g
Jawbusters	3 Pieces	17 g
Jolly Rancher Fruit Chews	6 Pieces (39 g)	33 g
Jolly Rancher Hard Candy	3 Pieces	17 g
Jolly Rancher Lollipop	1 Pop	16 g
Juicy Fruit Gum	1 Stick (3 g)	1 g
Junior Mints	1 Small Box	11 g
Kit Kat	3 Two-piece Bars	18 g
Kraft Caramel	1 Piece	6 g
Laffy Taffy	1 Piece	6 g
Lemonheads	10 Pieces	14 g
Lifesavers Gummi Savers	6 Pieces	13 g
Lifesavers Hard Candies	4 Pieces	16 g
M & M's (Peanut)	1 Mini Pack	13 g
M & M's (Plain)	1 Mini Pack	15 g

Candy	Size/Package	Carbohydrates
M & M's Mini Box	1 Mini Box	10 g
Mary Janes	1 Piece	7 g
Mentos	1 Piece	3 g
Milk Duds	13 Pieces	28 g
Milky Way	1 Fun Size Bar	12 g
Milky Way Miniature	Mini Bar	6 g
Mounds	1 Fun Size Bar	10 g
Necco Junior Wafers	1 Roll	13 g
Nerds	1 TBL	14 g
Nestle Crunch Mini	Mini Bar	10 g
Nestle Crunch	1 Fun Size Bar	9 g
Nestle Crunch White Chocolate	1 Regular Size	23 g
Nestle Crunch Caramel	2 Fun Size Bars	25 g
Now and Later	1 Piece	3 g
NutRageous	1 Snack Size Bar	9 g
Oreos	4 Cookies	25 g
Peep's Ghosts	1 Ghost	11 g
Pixie Sticks	Each Stick	2 g
Pop Rocks	1 Package (7 g)	7 g
Razzles	2 Pieces	3 g
Red Hots	1 oz. Box	27 g
Reese's Cup with Caramel	1 Package - 2 cups	24 g
Reese's Cup with White Chocolate	1 Package - 2 cups	22 g
Reese's Mini Cups	5 Pieces	22 g
Reese's Peanut Butter Cups	1 Package - 2 cups	29 g
Reese's Pieces	50 Pieces	23 g
Rice Krispie Treat	1 Bar (22 g)	17 (g)
Ring Pop	1 Pop	14 g
Rolos	1 Piece	5 g
Skittles	Mini Pack	18 g
Smarties	1 Roll	7 g
Snickers	Fun Size Bar	12 g
Snickers Almond	Fun Size Bar	11 g
Sour Patch Kids	1 Package (17 g)	16 g
Sour Patch Twist	1 Twist	5g
Sprees	1 Pouch	12 g
Starburst	4 Pieces	16 g
Sugar Babies	1 Snack Size Pouch	24 g
Sugar Daddy	1 Junior Pop	11 g
Swedish Fish	1 Package (17 g)	16 g
Toostie Caramel Apple Pops	1 Pop	15 g
Tootsie Miniature Pops	1 Pop	4 g
Tootsie Pop	1 Pop	15 g
Tootsie Roll Bar	1 Bar	10 g
Tootsie Roll Fruit Rolls	6 Pieces (40 g)	18 g
Twix	Fun Size	10 g
Twizzlers	1 Twizzler (10 g)	8 g
War Heads Extreme Sour Hard Candy	1 Piece	3 g
War Heads Juniors Sour Hard Candy	1 Piece	1 g
Werther's Original Hard Candy	1 Piece	4 g
Whoppers	1 Fun Size Pouch (3 pieces)	6 g
York Peppermint Patties	1 Bite Size Patty	11 g
York Peppermint Patties	1 Piece (39 g)	31 g