

Carbohydrate counts of some Halloween treats*

*based on manufacturers' indications

CHOCOLATES

	Candy	Size	Carbs	Carb factor
	Caramilk	10,5 g bar	6,25 g	0,60
	Crispy Crunch	11,67 g bar	7,67 g	0,66
	Mr. Big	11,25 g bar	7,25 g	0,64
	Wunderbar	11, 67 g bar	6 g	0,51
	M&M's milk chocolate	13 g packet	9 g	0,69
	M&M's peanut chocolate	13 g packet	7 g	0,54
	Twix	10 g bar	6,75 g	0,68
	Snickers	13 g bar	7,67g	0,59
	Aero	17,33 g bar	4,5 g	0,61
	Coffee Crisp	11 g bar	7 g	0,64
	KitKat	11,67 g bar	7,33 g	0,63
	Smarties	10 g box	7,75 g	0,78
	Hershey's Fangs	12,7 g piece	8,33 g	0,66
	Oh Henry!	15 g bar	8g	0,53
	Reese's	8,8 g piece	5g	0,57
	Reese's pieces	11 g packet	6,75g	0,61
	Whoppers	6,83 g packet	5,17g	0,76
	Milk chocolate pumpkins	6,67 g pumpkin	4,5 g	0,68
	Marshmallow in chocolaty coating	10 g bar	6,67 g	0,67
	Spooky break KitKat	19,6 g piece	4,6 g	0,56
	Chocolate mini Kinder	6 g bar	3,17 g	0,53

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SOFT CANDIES

	Candy	Size	Carb	Carb factor
	Caramels	6 g piece	4,71 g	0,79
	Welch's fruits snacks	14 g pouch	10 g	0,71
	Bubble gum - original	4,5 g gum	4 g	0,89
	Maynards gummy candy	12,67 g pouch	11,33 g	0,89
	Molasses Kisses	7,6 g piece	6,6 g	0,87
	Tootsie Roll	6,67 g piece	4,67 g	0,70
	Twizzlers cherry/strawberry	12,3 g piece	6,67 g	0,78
	Jolly Rancher gummy candy	10,5 g piece	8,75 g	0,83
	Skittles original fruit	15 g pouch	13,67 g	0,91
	Starburst fruits/FlaveReds	5 g piece	4,25 g	0,85

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HARD CANDIES

	Candy	Size	Carbs	Carb factor
	Popeye candy sticks	2,5 g box	2,5 g	1,0
	FIZZ sour fizzy powder	3,6 g candy	3,4 g	0,94
	Ring Pop	10 g piece	10 g	1,0
	Mini Tootsie Pops	5 g pop	4,67 g	0,93
	Standart Rockets roll	7,5 g roll	7 g	0,93
	Small Rockets roll	4,5 g roll	4 g	0,89
	Candy money roll	11 g roll	10 g	0,91
	Lollipop	8 g lollipop	8 g	1,0

CHIPS

	Type	Size	Carbs	Carb factor
	Cheese sticks	16 g package	7 g	0,44
	Doritos Nacho cheese	16 g package	9 g	0,56
	Pringles original	19 g package	11 g	0,58
	Ruffles regular	16 g package	8 g	0,50