



## Halloween Candy Carb Chart

Here's a list of some common Halloween candies to help manage your sweet tooth and the Halloween season.

Candy	Size/Package	Carbs (g)
3 Musketeers	16 gram fun-sized bar	12g
3 Musketeers	2.13 oz bar	46g
Baby Ruth	2 oz. Bar	37g
Baby Ruth	1 fun size	17g
Blow Pop sucker	One sucker	13g
Butterfinger	2 oz. Bar	41g
Butterfinger	22 gram fun-sized bar	15g
Candy corn	15 pieces	15g
Dum Dum suckers	One sucker	5g
Gummy Bears	11 pieces	30g
Heath Bar	1.4 oz. Bar	25g
Hershey's Almond	3 minis	15g
Hershey's Almond	1.45 oz. bar	20g
Hershey's Kisses	6 pieces	16g
Hershey's Milk Chocolate bar	snack size	10g
Jolly Rancher	1 piece	6g
Kit Kat bar	3 piece bar	10g
Kit Kat	1.5 oz. Package	26g
Licorice	3 6-inch Twizzlers	15g
M&M's	"Halloween" mini box	10g
M&M's, plain	mini pack	15g
M&M's, plain	1.69 oz. bag	34g
M&M's, peanut	mini pack	13g
M&M's, peanut	1.74 oz. bag	30g
M&M's, peanut butter	1.69 oz. bag	27g
Milky Way	2.15 oz. bar	43g
Milky Way fun-sized bar 14g	fun-sized bar	14g
Nestle's Crunch	1.5 oz.	28g
Nestle's Crunch	4 mini bars	26g
Reese's Cups	2 regular-sized 1 oz. cups	18g
Reese's mini cups	4 1 oz. mini cups	16g
Skittles	15 pieces	15g
Skittles	mini pack	17.5g
Snickers	fun size	12g
Snickers	2.07 oz. Bar	36g
Snickers	20-gram fun-sized bar	12g
Starburst	4 pieces	16g
Sweet Tarts	mini packs - 5 packs	13g
Tootsie Pop	1 pop	16g
Tootsie Roll midgets	12	30g
Tootsie Rolls	2 bars	23g
Twix	2 2 oz. Cookies	37g
Warheads	5	13g
Whoppers'	8 pieces	15g
Whoppers'	1 small pouch	16g
Wonka Pixie Stix	Each (about 6 inches in length)	2g