

Quick Reference Guide

Halloween Candy Carbohydrate Counts

100 Grand

1 fun size bar 15g
(1) 1.5 oz bar 30g

3 Musketeers

1 fun size bar 12g
(1) 2.13 oz bar 46g

5th Avenue

1 fun size bar 10g

Airheads

1 candy 15g

Almond Joy

1 fun size bar 12g

Baby Ruth

(1) 2 oz bar 37g
1 fun size bar 17g

Bit-O-Honey

1 piece 6g

Bottle Caps

1 fun size box 7g

Bubble Yum

1 piece 6g

Butterfinger

1 fun size bar 15g

Candy Corn

19 pieces 36g

Caramel Apple Pop

1 pop 17g

Charleston Chew

1 piece 9g

Charms Blow Pop

1 pop 13g

Dots Gumdrops

1 box 20g

Dum-Dums

1 pop 6g

Gobstoppers

1 fun size box 8g

Life Saver Gummies

1 fun size box 14g

Gummy Bears

11 pieces 30g

Heath Bar

(1) 1.4 oz bar 25g

Hershey's Almond

3 mini bars 15g
(1) 1.45 oz bar 25g

Hershey's Chocolate Bar

1 fun size bar 10g

Hershey's Kisses

6 pieces 16g

Hershey's Marshmallow Pumpkin

1 piece 20g

Hershey's Milk Chocolate Bar

1 fun size bar 10g

Hot Tamales

1 small box 18g

Jolly Ranchers

1 piece 6g

Jolly Rancher Pop

1 pop 16g

Juicy Fruits

1 small box 9g

Kit Kat

3 pieces 10g
(1) 1.5 oz Pkg 26g

Laffy Taffy

1 piece 7g

M&M's

Halloween mini box 10g
(1) 1.59 oz bag 34g

M&M's Peanut

1 small bag 13g
(1) 1.74 oz bag 30g

M&M's Peanut Butter

(1) 1.69 oz bag 27g

Mike & Ike

1 box 18g

Milk Duds

1 box 9g

Milky Way

1 fun size bar 14g
(1) 2.15 oz bar 43g

Mounds

1 fun size bar 11g

Mr. Goodbar

1 fun size bar 4g

Necco Wafers

1 fun size pkg 13g

Nerds

1 small box 9g

Nestle's Crunch

(4) mini bars 26g
(1) 1.5 oz bar 28g

Now and Later

1 piece 11g

NutRageous

1 fun size bar 9g

Reese's Cups

(2) 1 oz cups 24g
(4) 1 oz mini cups 16g

Reese's Sticks

1 pack 9g

Rice Krispies Treats

1 treat 9g

Runts

1 small bag 14g

Shock Tarts

1 mini pack 11g

Skittles

15 Skittles 15g
1 small bag 18g

Smarties

1 roll 8g

Snickers

1 fun size bar 12g
(1) 2.07 oz bar 36g

Sour Patch Kids

16 pieces 37g

Special Dark

1 small bar 5g

Starburst

4 pieces 16g

Sugar Babies

1 box 24g

SweetTARTS

1 small bag (5 pieces) 13g

Tootsie Pop

1 pop 16g
3 miniature pops 13g

Tootsie Rolls

12 mini (Midgees) 30g
2 bars 23g

Twix

(2) 2 oz cookies 37g

Twizzler

1 small stick 9g

Warheads

5 pieces 13g

Whoppers

8 pieces 15g
1 small pouch 16g

Wonka Pixie Stix

1 stick 2g

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Items highlighted in blue are listed as gluten-free (GF) on the Celiac Kids Connection candy list. Items highlighted in green are candies whose manufacturer does not provide GF information and suggest you rely on the ingredient list.