

HALLOWEEN TREATS

	SERVING SIZE	CALORIES	FAT (g)	FAT CALORIES	SATURATED FAT (g)	TRANS FAT (g)	SODIUM (mg)	CARBOHYDRATE (g)	GLUTEN-FREE
Almond Joy, Miniatures	3	200	11	100	8	0	65	24	NA
Bubble Yum, Original	1	25	0	0	0	0	NA	6	Yes
Charms Blow Pop	1	60	0	0	0	0	0	17	Yes
Dum Dum Pops	2	51	0	0	0	0	0	13	Yes
Goldfish Baked Snack Crackers, Cheddar, On the Go	1 package	210	9	81	2	0	360	27	No
Hershey's All Natural Extra Dark, Pure Dark Chocolate	4	180	14	120	9	0	0	21	NA
Hershey's Bliss, Milk Chocolate With a Meltaway Center	6	220	15	130	10	0	65	24	NA
Hershey's Bliss, Rich & Creamy Dark Chocolate	6	200	14	120	9	0	10	25	NA
Hershey's Kisses, Milk Chocolate	9	200	12	100	7	0	35	25	Yes
Hershey's Kisses, Milk Chocolate, Filled With Caramel	9	200	9	80	6	0	70	27	NA
Hershey's Kisses, Milk Chocolate, Filled With Peanut Butter	9	230	14	130	7	0	105	21	NA
Hershey's Kisses, Milk Chocolate, With Almonds	9	210	14	120	7	0	30	21	NA
Hershey's Kisses, Special Dark, Mildly Sweet Chocolate	9	230	13	120	8	0	0	25	NA
Hershey's Miniatures, A Little Something For Everyone	5	210	13	120	7	0	45	25	No
Hershey's Nuggets, Milk Chocolate	4	230	13	120	8	0	35	24	NA
Hershey's Nuggets, Milk Chocolate, With Almonds	4	200	13	120	6	0	30	20	NA
Hershey's Nuggets, Special Dark, With Almonds	4	220	14	130	6	0	0	20	NA
Jolly Rancher LollyPops	1	60	0	0	0	0	NA	16	Yes
Jolly Rancher Original Flavors	3	70	0	0	0	0	NA	17	Yes
KitKat, Assorted Minis	5	210	12	110	8	0	35	27	No
KitKat, Snack Size	3 two-piece bars	220	11	100	7	0	30	27	No
LifeSavers Hard Candy, Variety	4	60	0	0	0	0	0	16	Yes
LifeSavers Mints, Wint O Green	4	60	0	0	0	0	0	16	NA
Milky Way Minis	5	190	8	70	5	0	70	30	No
Mounds Miniatures	3	200	11	100	8	0	60	24	NA
Nestlé Baby Ruth, Miniatures	4	200	9	80	5	0	110	30	Yes
Nestlé Butterfinger, Miniatures	4	180	8	70	4	0	90	29	Yes
Nestlé Crunch, Miniatures	4	200	10	90	6	0	60	27	No
Nestlé Treasures Cappuccino Truffle	5	210	13	120	8	0	20	20	Yes

Note: To ensure easy readability, nutrient values represented in the table have been rounded to the nearest whole number. The numbers in our Carbohydrate column represent the total number of grams of carbohydrate (including simple sugars, starches, and other carbohydrates). We do not list simple sugars separately because they affect blood glucose no differently than starches and have the same number of calories per gram.

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Nestlé Treasures 50% Cacao Dark Chocolate Truffle	5	190	14	130	8	0	0	20	Yes
Nips Butter Rum	2	60	1	15	1	0	40	11	Yes
Nips Caramel	2	60	1	10	1	0	40	11	Yes
Nips Chocolate Parfait	2	60	2	20	2	0	35	11	Yes
Nips Coffee	2	60	1	10	1	0	40	11	Yes
Nips Peanut Butter Parfait	2	60	2	20	2	0	40	11	Yes
Reese's Peanut Butter Cups, Snack Size	1	110	6	50	2	0	65	12	NA
Reese's Whipples	3	190	7	60	5	0	105	29	NA
Rolo	7	190	8	70	6	0	75	27	Yes
Russell Stover Coconut Covered With Chocolate Candy, Sugar Free	3	200	10	90	8	0	55	28	NA
Russell Stover Mint Patties Covered With Chocolate, Sugar Free	3	180	12	110	8	0	20	26	NA
Smarties Candy Rolls	1 roll	25	0	0	0	0	0	6	No
Snickers, FunSize Snacks	2	160	8	70	3	0	85	21	NA
Snickers, Minis	4	170	9	80	3	0	90	22	NA
Snickers, Minis Mix	4	170	8	80	3	0	85	22	NA
Starburst, Original Fruit Chews	8	160	3	30	3	0	0	33	NA
Starburst, Sour Fruit Chews	8	160	3	30	3	0	35	32	NA
Starburst, Tropical Fruit Chews	8	160	3	30	3	0	0	33	NA
Tootsie Roll Midgees	6	140	3	30	0	1	10	28	Yes
Tootsie Roll Pops	1	60	0	0	0	0	0	15	Yes
Twix, Minis	3	150	8	70	6	0	60	20	No
Twizzlers Strawberry Twists	4	120	0	5	NA	NA	80	28	No
Werther's Original CaraMelts	8	250	18	160	11	0	50	18	NA
Werther's Original Chewy Caramels	6	170	5	45	3	0	80	31	No
Werther's Original Hard Candies	3	70	1	11	1	0	45	14	No
Werther's Original Hard Candies, Sugar Free	5	40	1	10	0	0	55	15	NA
Wonka SweeTarts	8	60	0	0	0	0	0	14	Yes
Wrigley's Juicy Fruit	1	10	0	0	0	0	0	2	Yes
York Dark Chocolate Covered Peppermint Patties	3	140	3	25	1	0	10	32	NA
3 Musketeers, Minis	7	170	5	50	3	0	80	35	NA
3 Musketeers, Mint, Minis	7	180	6	50	4	0	80	30	NA
5th Avenue Preferred Butterscotch Buttons	3	70	0	0	0	0	0	18	NA
5th Avenue Preferred Mint Puffs	3	60	0	0	0	0	0	14	NA

Diabetes Self-Management, "Tips and Tricks for Halloween" by Diane Fennell.

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