

HALLOWEEN CARB COUNTS



Candy	Size/Package	Carbs (g)	Candy	Size/Package	Carbs (g)
3 Musketeers	16 gram fun-sized bar	12g	M&M's, peanut	Fun size	11g
3 Musketeers	2.13 oz. bar	47g	M&M's, peanut	1.74 oz. bag	30g
Almond Joy	17 gram snack-sized bar	10g	M&M's, peanut butter	1.63 oz. bag	26g
Baby Ruth	18 gram fun-sized bar	12g	Milky Way	17 gram fun-sized bar	12g
Baby Ruth	2.1 oz. bar	39g	Milky Way	1.84 oz. bar	37g
Blow Pop	1 lollipop	17g	Nestle's Crunch	13 gram fun-sized bar	8g
Butterfinger	18 gram fun-sized bar	13g	Nestle's Crunch	1.55 oz. bar	29g
Butterfinger	1.9 oz. bar	36g	Reese's Cups	2 regular-sized 1.5 oz. cups	24g
Candy Corn	15 pieces	28g	Reese's Cups	21 gram snack-sized cup	12g
Dum Dum	1 lollipop	6g	Skittles	Fun size	14g
Gummy Bears	10 pieces	18g	Skittles	15 pieces	15g
Heath Bar	1.4 oz. bar	24g	Snickers	17 gram fun-sized bar	10g
Hershey's Almond	1 snack-sized bar	7g	Snickers	1.86 oz. bar	32g
Hershey's Almond	1.45 oz. bar	22g	Starburst	4 pieces	16g
Hershey's Kisses	5 pieces	15g	Sweet Tarts	15 gram mini candy roll	13g
Hershey's Milk Chocolate	1 snack-sized bar	8g	Tootsie Pop	1 lollipop	15g
Jolly Rancher	1 piece	6g	Tootsie Roll	1 3-inch piece	7g
Kit Kat	14 gram fun-sized bar	10g	Tootsie Roll Midgees	5 pieces (1.25 oz each)	23g
Kit Kat	1.5 oz. bar	27g	Twix	16 gram fun-sized bar	11g
Twizzlers	3 6-inch pieces	27g	Twix	1.79 oz. bar	34g
M&M's, plain	"Halloween" mini box	10g	Warheads, Regular & Sour	4 pieces	10g
M&M's, plain	Fun size	9g	Whoppers	3 pieces (fun size)	5g
M&M's, plain	1.69 oz. bag	35g	Wonka Pixie Stix	Each (about 6 inches)	2g