

## Halloween Candy - Friend or Foe?

Item	Serving Size	Calories	Grams of Carb
Dove Milk Chocolate Promise	One Square (8 grams)	42	6
Hershey's Kiss	One Kiss	26	8
Hershey's Milk Chocolate Bar	Fun Size (14 grams)	67	8
Hershey's Minis (assorted)	One Mini	42	5
M&M's, plain	Fun Size (18 grams)	88	12
M&M's, peanut	Fun Size (18 grams)	93	11
Milky Way, Snickers, Twix, Three Musketeers	Miniature Bar	38	5
Three Musketeers	Fun Size (15 grams)	64	11
Tootsie Rolls	One Midgee	23	7
Tootsie Rolls	One Mini-Midgee	11	2
Pay Day	Snack Size (19 grams)	90	10
Reese's Peanut Butter Cup	Miniature (9 grams)	44	5
Reese's Peanut Butter Pumpkin	One Pumpkin (34 grams)	180	17
Milk Duds	Snack Size (12 grams)	54	9
Milk Maid Caramels	One Piece	40	10

Item	Serving Size	Calories	Grams of Carb
Skittles	Fun Size (20 grams)	80	18
Mini Dots	1 Small Box	70	17
Juicyfruits	9 Pieces	60	16
Starburst	Fun Size	40	10
Twizzlers	Mini-Bar (14 grams)	50	11
Blow Pop	One Junior	50	14
Tootsie Pop	One Pop	60	15
Jolly Rancher Hard Candy	One Piece	23	6
Wonka Nerds	One Small Box (13 grams)	50	12
Hot Tamales	Small Box (14 grams)	50	12
Mike and Ikes	Small Box (14 grams)	50	12
Raisinettes	Fun Size (16 grams)	56	11
Smarties	One Roll	25	6
Whoppers	Small Pouch (21 grams)	100	16
York Peppermint Patties	Small Patty (14 grams)	53	11
Candy Corn	11 pieces	70	18
Almond Joy or Mounds	Snack Size (19 grams)	92	11
Kit Kat	Mini Bar	52	6
Butterfinger	Bite Size Bar (7 grams)	32	5