

Treats are often part of the holidays and Halloween. Nutritional information is usually not labeled on the individual bars. Below is a list to guide you through the various candies and other treats that you may encounter over the holiday months. Be sure to keep the serving size and/or weight of each treat in mind!

Item	Weight/Serving Size	Carb (grams)	Item	Weight/Serving Size	Carb (grams)
<i>Almond Joy</i>			<i>Milky Way</i>		
Regular Bar	1.76 oz	28	Regular	2 oz, 1 bar	41
Snack bar	.68 oz	11	Fun Size	1 each	14
Bites	8 bites	9	Miniatures	.3 oz	6
Swoops	1.26 oz, 1 cup	20	Lite	1.57 oz., 1 bar	34
<i>Baby Ruth</i>			Lite Miniature	0.28 oz	6
Regular Bar	2.1 oz	34	Midnight	1.75oz.	36
Snack	.75 oz, 1 bar	12	Miniatures	1 each	6
Fun size	1 bar	17	<i>Mounds Bar</i>		
<i>Blow Pops</i>	1 each	14	Regular	1.75 oz	31
<i>Butter Finger</i>			Snack Size	1 each	9
Regular Bar	2.1 oz	41	<i>Mr. Goodbar</i>		
Fun Size Bar	1 bar	15	Regular	1.75 oz	25
Miniature	1 bar	7.5	Snack Size	.68oz	11
Snack	1.3 oz, 2 pieces	27	Miniatures	1 each	5
Crisp Bar	1.76 oz	33	<i>3 Musketeers</i>		
Crisp Bar - minis	4 pieces	29	Regular	2.1 oz, 1 bar	46
<i>Candy Corn</i>	15 pieces, 1oz	27	Fun Size	1 each	13
<i>Caramels</i>	1 each	6	Miniatures	1 each	5

Item	Weight/Serving Size	Carb (grams)	Item	Weight/Serving Size	Carb (grams)
Chocolate	1 each	6	<i>NIBS (avg.all varieties)</i>	.5 oz, 1 pouch	10
Creams	1.25 oz, 3 pieces	23	<i>Nips (Pearson) (avg.all varieties)</i>	14g, 2	5
<i>Hershey's Classic Caramels</i>			<i>Now &amp; Later (Nabisco)</i>	1 package	63
Soft'n Chewy	3 pieces	13	<i>Nutrageous Bar (Reese's)</i>		
Chocolate Creme Filled	3 pieces	13	Regular	1.8 oz	27
<i>Caramello</i>			Snack Size	.6 oz	9
Regular Bar	1.6 oz	28	<i>Pez</i>	1 roll	6
Snack size	.66 oz	12	Bubble Gum Ball	1	2
<i>Crunch</i>			<i>Reese's</i>		
Regular Bar	5 oz	90	Regular - chocolate bar	2.8 oz	43
Snack	1.5 oz, 3 pieces	28	Candy - multipack	1 each	9
Fun Size	1 each	7	Mini	1 each	4
Pieces	38 g, 1/4 cup	25	Bites	7 pieces	10
White Bar	1.4 oz, 1 bar	23	Fastbreak Bar	2 oz, 1 bar	35
<i>Dots</i>	1.5 oz, 12 dots	35	Swoops	1.26 oz, 1 cup	17
<i>Dove bar</i>		22	<i>Peanut Butter Cups</i>		
Promises	5 pieces avg.	24	Regular	1.6 oz	25
Single	1.3 oz, 1 bar	22	Miniatures	1 each	4
<i>Fruit Roll-ups</i>	0.5	12	Peanut Butter Egg	.6 oz, 1 egg	9
<i>5th Avenue</i>			<i>Reese's Pieces</i>	1.6 oz., 25	26
Regular Bar	2 oz	37	<i>Robin Eggs</i>		
Snack size	.58 oz	10	Large	2 eggs	14
<i>Good &amp; Fruity</i>			Miniatures	10 eggs	14
Regular Size	1.8 oz, 1 box	35	Medium	4 eggs	16
Snack Size	17 g, 1 box	15	<i>Rice Krispie Treats (Kellogg's)</i>	1 each	19
<i>Good Plenty</i>			<i>Rolo</i>		
Regular Size	1.8 oz, 1 box	40	Regular	.64 oz, 3 pieces	12

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Snack Size	17 g, 1 box	14	Mini Bites	1.4 oz, 19 pieces	26
<i>Gummi bears</i>	1.5 oz, 8 bears	32	<i>Salt Water Taffy (Sathers)</i>	8.6 g, 1 piece	7
<i>Hard candy (all flavors)</i>	1 regular piece	5	<i>Skittles</i>		
<i>Heath Bar</i>			Sour	1.8 oz bag	44
Regular Bar	1.4 oz, 1 bar	24	Original/Tropical/Wild Berry	2.17 oz bag	54
Snack	.33 oz	6	Fun size	.7 oz, 1 bag	18
Bites	1 piece	1.5	<i>Skor Toffee bar</i>	1.4 oz	24
<i>Hershey's Almond Bar</i>	1.45 oz	20	<i>Smarties Candy Roll</i>	1 roll	5
<i>Hershey's Cookies 'N Crème</i>	1.55 oz.	26	<i>Snickers Bar</i>		
<i>Hershey's</i>			Regular	2.07 oz, 1 bar	35
Kisses (avg. all varieties)	1 each	3	Fun Size	.7 oz	12
Milk Bar	1.55 oz	25	Miniatures	.3 oz	5
Mini's (avg. all varieties)	1.5 oz, 5 pieces	25	Pop'ables	1.5 oz, 13 piece	24
Nuggets (avg all varieties)	1 bar	6	Cruncher	2.54 oz, 1 bar	41
Special Dark Chocolate	1.45 oz, 1 bar	25	Creme Egg	1 each	19
Sweet Escapes (avg all varieties)	1.4 oz, 1 bar	27	Marathon Bar	1.9 oz, 1 bar	32
Swoops	1.26 oz, 1 cup	20	<i>Sour Patch Kid Gum Drops</i>	8 pieces	15
<i>Jolly Ranchers</i>			<i>Starburst</i>		
Candy	1 piece	9	Fruit Chews	2 oz, 1 package	48
Fruit chews	1.4 oz, 6 pieces	33	Fruit Chews	1 piece	4
Lollipops	.6 oz, 1 pop	16	Fruit Twist	2 oz, 1 package	45
<i>Kit Kat</i>			Fruit Twist	1 piece	8
Regular Bar	1.5 oz, 1 bar	29	<i>Jelly Beans</i>		
Bites	1.4 oz, 7 pieces	25	Jelly Beans	1.5 oz	38
Minis	.35 oz	6.5	Jelly Bean Egg	2 oz	51
Snack/Multipack	1 bar	10	Tropical Fruit	2.07 oz, 1 package	48

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<i>Krackel</i>			<i>Symphony Bar</i>		
Regular Bar	2.6 oz, 1 bar	38	Regular	1.5 oz, 1 bar	22
Snack	.6 oz, 1 bar	12	Snack Size - chocolate	.6 oz	10
<i>Kudos (avg. all varieties)</i>	1 oz, 1 bar	20	Snack Size - almonds & toffee	.5 oz	7
<i>Licorice (avg. all varieties)</i>	1 oz	25	<i>Tic Tac</i>	1 piece	0
<i>Lifesavers</i>			<i>Twix</i>		
Regular	1 piece	2	Caramel	2 oz, 1 package	37
Large	1 piece	4	Fun Size	.5 oz	10
Creme Savers	1 piece	4	Peanut Butter	1.8 oz, 1 cookie	28
<i>Lindt Truffles (avg. all varieties)</i>	1 ball	5	Snack Cookies	.5 oz, 1 cookie	8
<i>Lollipops</i>	.2 oz, 1 each	5	<i>Twizzlers</i>		
<i>M &amp; M's</i>			Twists	.4 oz, 1 piece	9
Plain	1.7 oz, 1 pkg	34	Pull'n Peel - Cherry	1 oz	25
Plain Fun Size	.6 oz, 20 pieces	10	<i>Tootsie Pop</i>	1 mini pop	4
Peanut	1.7 oz, 1 pkg	30	<i>Tootsie Roll</i>	2.25 oz	26
Peanut Fun Size	.7 oz, 1 pkg	13	<i>Werther's Original</i>	5g, 1 each	4
Minis - Mega Tube	1.1 oz, 1 tube	21	<i>Whatchamacallit Bar</i>		
Peanut Butter	1.6 oz, 1 pkg	26	Regular	1.6 oz	28
Peanut Butter Fun Size	.7 oz, 1 pkg	12	Snack Size	.57 oz	10
Almonds	1.3 oz, 1 pkg	21	<i>Whoppers</i>	9 pcs	15
<i>Mars Bar</i>			<i>Wonka Laffy Taffy</i>		
Regular Bar (all varieties)	1.76 oz, 1 bar	31	Regular	1.5 oz, 5 bars	38
Fun size	.7 oz, 1 bar	12	Stretchy Tangy	.5 oz, 1 bar	12
			<i>York Peppermint Patties</i>		
			Regular	1.5 oz	34
			Snack Size	.5 oz	11