

# CANDY CARBS CHEAT SHEET

HALLOWEEN TREAT	SERVING SIZE	CARBS	CALORIES	SUGAR
3 Musketeers	1 Bar	42g	240	36g
Almond Joy	1 Piece	10g	80	8g
Baby Ruth, Fun Size	1 Bar	12g	85	10g
Butterfinger, Fun Size	1 Bar	42g	240	36g
Candy Corn	15 Pieces	27.6g	110	22g
Crunch, Fun Size	1 Bar	8.6g	95	7g
Hershey's Kisses	1 Piece	42g	240	36g
Hershey's Bar, Fun Size	1 Bar	5g	42	4.4g
Jolly Rancher	3 Pieces	17g	70	11g
Kit Kat, Fun Size	1 Piece	5.6g	42	4.2g
Laffy Taffy	1 Bar	7.5g	35	4.75g
M & M's	1 Pack	35g	230	31g
Milk Duds, Snack Size	1 Box	9g	55	6.5g
Milky Way	1 Bar	37g	240	31g
Nerds	1 Box	12g	50	12g
Payday, Fun Size	2 Pieces	21g	180	16g
Reese's Peanut Butter Cups	2 Pieces	24g	220	22g