



# The Sweet Spot

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## Halloween Tips for Parents of Children with Diabetes



Below is a chart of candy carbohydrate counts. This is from the JDRF Halloween Survival guide for parents. In addition to keeping track of the amount of carbohydrates your child has consumed after a night of trick or treating and snacking, here are some other great tips!

### **Do Your Homework**

If there are school activities, then it's best to prepare yourself, your child, teachers and nurses with carbohydrate counts for the varied serving sizes of popular candies and sweets. Just print off the chart below and drop it off! It is especially important to share this information with those who will be supervising any spooky celebrations. At a school party or on the trick-or-treating route, even the most considerate friend can make a mistake. Don't let teachers or other supervisors be tricked into thinking that a cookie or snack bar is a diabetes-friendly treat. Sugar-free usually means a higher carbohydrate count, which can make managing the day even more difficult. Make sure you read labels as well so you know the exact carb count of that particular candy or snack.

### **Be Prepared**

Trick-or-treating around your neighborhood can take longer than expected, and can take you far from home. Be sure that your child's costume is practical enough so they can carry their insulin and sugar tabs. It is always best that younger trick-or-treaters be supervised, but if your princess or pirate is venturing off on their own, then make sure they are aware of what is safe to eat and when to eat it. But, it's always best to not let any child eat any candy before you can inspect it.

### Take an Inventory of the Bag

The most difficult time to be responsible about intake will likely be when kids get a look at their candy booty. Before they even leave the house, make a decision of how many pieces of candy the child will be allowed to eat when they get home. Then, they will be prepared for what they will get and it will cut down on an unexpected tantrum. Depending on your child's age, taking an inventory of the bag can be an educational opportunity. Dole out the candy piece by piece, assigning a carbohydrate count to each and discussing the nutritional facts. Extra candy can be saved for the coming weeks, and a number of organizations and business offer opportunities to trade your candy for other food or even toys! Halloween requires special attention for anyone with diabetes. But with proper planning and a great costume, there's no reason to miss out on the fun.

Adapted from: <http://nydailynews.healthology.com/diabetes/article372.htm?pg=1>



Candy	Size/Package	Carbs (g)
3 Musketeers	16 gram fun-sized bar	12g
3 Musketeers	2.13 oz bar	46g
Baby Ruth	2 oz. bar	37g
Baby Ruth	1 fun size	17g
Blow Pop sucker	One sucker	13g
Butterfinger	2 oz. bar	41g
Butterfinger	22 gram-fun sized bar	15g
Candy corn	15 pieces	15g
Gummy Bears	11 pieces	30g

(List cont. on next page)

<b>Candy</b>	<b>Size/Package</b>	<b>Carbs (g)</b>
Heath Bar	1.4 oz. bar	25g
Hershey's Almond	3 minis	15g
Hershey's Almond	1.45oz. bar	20g
Hershey's Kisses	6 pieces	16g
Hershey's Milk Chocolate bar	snack size	10g
Kit Kat bar	3 piece bar	10g
KitKat	1.5 oz. package	26g
Licorice	3 6-inch Twizzlers	15g
M&M's	"Halloween" mini box	10g
M&M's, plain	mini pack	15g
M&M's, plain	1.69 oz bag	34g
M&M's, peanut	mini pack	13g
M&M's, peanut	1.74 oz bag	30g
M&M's, peanut butter	1.69 oz bag	27g
Milky Way	2.15 oz bar	43g
Milky Way	fun-sized bar	14g
Nestle's Cruch	1.5 oz	28g
Nestle's Crunch	4 mini bars	26g
Reese's Cups	2 regular-sized 1 oz cups	18g
Reese's mini cups	4 1-oz mini cups	16g
Skittles	15 pieces	15g
Skittles	mini pack	17.5g
Snicker's	fun size	12g
Snickers	2.07 oz. bar	36g
Snickers	20-gram fun-sized bar	12g
Starburst	4 pieces	16g
Sweet Tarts	mini packs - 5 packs	13g
Tootsie Pop	1 pop	16g
Tootsie Roll midgets	12	30g
Tootsie Rolls	2 bars	23g
Twix	2 2-oz. cookies	37g
Whoppers	8 Pieces	15g
Whoppers	1 small pouch	16g