

candy carb counts



name of candy	size	carbs
100 Grand	Bar (1.5 oz)	30g
100 Grand	Fun Size	15g
3 Musketeers	Fun Size	11.3g
3 Musketeers	Bar (2.13 oz)	42g
3 Musketeers	Mini	4.6g
Airhead	Mini Size	11g
Almond Joy	Snack Size	20g
Almond Joy	Mini Size	8g
Almond Joy	Bar (1.61 oz)	26g
Atomic Fireball	One piece	5.7g
Baby Ruth	Bar (1.9 oz)	35g
Baby Ruth	Fun Size	12g
Bit-O-Honey	5 Penny Pieces	28g
Blow Pop	1 Pop (18g)	17g
Blow Pop	8 Minis (16g)	15g
Bottle Caps	10 Pieces	14g
Bubble Yum	1 Piece	6g
Butterfinger	Bar (1.9 oz)	36g
Butterfinger	6 Bites	30g
Butterfinger	Fun Size	12.5g
Butterfinger	Mini	7g
Candy Corn	15 Pieces	28g
Caramel Apple Pop	Pop	16g
Charleston Chew	Small Bar	6g
Dots drops	8 Dots	24g
Double Bubble Gum	1 piece	5g
Dum Dum Suckers	1 sucker	7g
Gobstoppers	1 Piece	1.5g
Gummi Life Savers	10 Pieces	31g
Gummy Bears	10 bears	22g
Heath Bar	Bar (1.4 oz)	24g
Heath Bar	King Size (2.8 oz)	49g
Heath Bar	Miniatures	17g
Hershey's Chocolate Bar	Bar (1.55 oz)	26g
Hershey's Chocolate Bar	Fun Size	8g

name of candy	size	carbs
Hershey's Almond Bar	Bar (1.45 oz)	22g
Hershey's Almond Bar	Fun Size	5g
Hershey's Cookies & Crème	Snack Size	9g
Hershey's Kiss	9 Pieces	25g
Hershey's Kiss w/ Almond	9 Pieces	16g
Hershey's Milk Chocolate Nuggets	3 Pieces	19g
Hershey's Special Dark	Bar (1.45 oz)	24g
Hershey's Special Dark	Miniatures	5g
Hershey's Toffee & Almonds Nuggets	3 Pieces	17g
Hot Tamales	Small Box	20g
Jolly Rancher	3 pieces	17g
Jolly Rancher pop	1 Piece	16g
Juicy fruit gum	1 stick	2g
Junior Mints	Snack Size	16g
Kit Kat	Snack Size	18g

(continued on reverse)

name of candy	size	carbs
Krackel	Bar (1.55 oz)	28g
Krackel	Mini	5g
Laffy Taffy	Mini Size	9g
Lemonheads	Jumbo	8g
Lemonheads	Box (0.8oz)	22g
M&Ms (Peanut Butter)	Fun Size	10g
M&Ms (Peanut Butter)	Package (1.63 oz)	26g
M&Ms (Peanut)	Fun Size	11g
M&Ms (Peanut)	Package (1.74 oz)	30g
M&Ms (Plain)	Fun Size	10g
M&Ms (Plain)	Package (1.69 oz)	35g
Mike & Ike	Small Box	20g
Milk Duds	Snack Size	8g
Milky Way	Bar (1.8 oz)	37g
Milky Way	Fun Size	12g
Milky Way	Mini	6g
Mounds	Bar (1.75 oz)	29g
Mounds	Snack Size	10g
Mr. Goodbar	Bar (1.75 oz)	27g
Mr. Goodbar	Snack Size	7g
Mr. Goodbar	Miniatures	5g
Nerds	Mini box	11g
Nestle Crunch	Fun Size	8g
Nestle Crunch	Bar (1.5 oz)	29g
Nestle Crunch	Mini	7g
Oreos	2 cookies	16g
Payday	Bar (1.85 oz)	27g
Payday	Fun Size	11g
Reece's Nutrageous	Bar (1.66 oz)	26g
Reece's Nutrageous	Snack Size	9g
Reese Peanut Butter Cup	Snack Size	9g
Reese Peanut Butter Cup	Miniatures	5g

name of candy	size	carbs
Reese Peanut Butter Pumpkin	Pumpkin	10g
Reese's Pieces	51 Pieces	25g
Rice Krispie Treats	Mini Bar	8g
Skittles	Mini Pack	16g
Smarties	One roll	6g
Snickers	Fun Size	10g
Snickers	Bar (1.9 oz)	33g
Snickers	Mini	6g
Snickers Almond	Fun Size	13g
Snickers Peanut Butter	Fun Size	15g
Sour Patch kids	16 Pieces	37g
Starburst	2 Chews	9g
Swedish Fish	7 Fish	38g
Sweet Tarts	Mini Pack	2.6g
Tootsie Roll	1 Midgee Roll	7g
Tootsie Roll Pop	1 Pop (17g)	15g
Twix	Mini	7g
Twix	Fun Size	11g
Twizzler	Mini Size	11g
Twizzler	Piece	9g
Warheads	1 Piece	3g
Whoppers	Package (1.75 oz)	38g
Whoppers	8 Pieces	15g
Wonka Pixie Stix	Straw	2g
York Peppermint Patty	1 Patty	11g