

CANADIAN HALLOWEEN TREAT CARB COUNTS



HALLOWEEN CHOCOLATE					
3 Musketeers	4	GF	KitKat Witch and Vampire	4.5	-
Aero	5	GF	Lindor Balls	6	-
Bueno Mini	2.5	-	M&M's	9	GF
Butterfinger	5	-	M&M's Peanut	8	GF
Caramilk (2 squares)	7	GF	Mars	9	-
Coffee Crisp	8	-	Milky Way	5	-
Crispy Crunch	8	-	Mr. Big	8	-
Crunch	5.5	-	Oh Henry	8	GF
Crunch Stick	5.5	-	Reese Peanut Butter Cups - Mini	5	GF
Freddo Caramel Pumpkins	6	GF	Reese Peanut Butter Cups	8	GF
Frerro Roche	5	-	Reese Peanut Butter Cups Spooky Shapes	9	GF
Hershey's Cookies and Cream Mini	6	-	Reese Stuffed with Pieces	9	GF
Hershey's Milk Chocolate	6	GF	Reese Pieces	6.5	GF
Hershey's Milk Chocolate Kisses	3	GF	Rolo Minis (1 package)	7	GF
Icy Squares	3	-	Scaries Smarties	8	-
Jersey Milk	4	GF	Smarties	8	-
Kinder Mini Bars	3	GF	Snickers	8	GF
Kinder Surprise	11	GF	Twix	7	-
KitKat	8	-	Wunderbar	7	-

UNLESS OTHERWISE STATED, CARBOHYDRATE COUNTS ARE BASED ON MINI HALLOWEEN SIZED TREATS

GF DENOTES ITEMS THAT DO NOT CONTAIN GLUTEN INGREDIENTS BUT MAY NOT BE CERTIFIED GLUTEN FREE OR MAYBE MADE IN A FACTORY THAT USES GLUTEN IN OTHER ITEMS. IF WE DETERMINE THE ITEM TO CONTAIN GLUTEN OR WERE UNABLE TO DETERMINE GLUTEN STATUS IT WAS LEFT AS "-". PLEASE CHECK PACKAGING TO CONFIRM.

HALLOWEEN CANDIES

Airheads (11g)	11	GF	Hubba Bubba (1 piece)	4	GF	Runts	14	GF
Black Forest Fruit Snacks	17	GF	Ice Kim Cone	8	-	Sandwich Sam (10g)	8	-
Blow Pops	17	GF	Jelly Belly Kids Mix	6	GF	Skittles	14	GF
Bottle Caps (10 pieces of Regular Roll)	14	GF	Jolly Rancher	11	GF	Skittles - Sour	14	GF
Bottle Caps Mini Pouch	3	GF	Jolly Rancher Lollipop	5	GF	Sour Patch Kids	12	GF
Candy Bracelet (12g)	11	-	Jolly Rancher Sours	12	GF	Starburst Original	8	GF
Creamy Caramels (Regal)	5	GF	Jolly Rancher Misfit Gummies	9	GF	Starburst Berries	8	GF
Cry Baby Bubble Gum	5	GF	Kerrs Molasses Kisses (1 piece)	7	GF	Sunkist Fruit Snacks (12g)	9	GF
Dots (20g box)	17	GF	Laffy Taffy (10g bar)	8.5	GF	Sunripe Organic Fruit Bites (18g)	13	GF
Double Bubble Original	5	GF	Lollipop's	6	GF	Swedish Berries	12	GF
Double Bubble Fruit Flavors	4	GF	LOTS A Fizz	3	-	Swedish Fish	12	GF
Double Bubble 11g Gum Balls	10	GF	Mackintosh Caramel	6	GF	Sweet Tarts (7g roll)	6	GF
DumDum Pop	5	GF	Nerds	11	GF	Tootsie Fruit Rolls	5	GF
Fiesta Pops	11	GF	Mackintosh Soft Caramel	6	GF	Tootsie Pops	15	GF
Frankford Gummy Body Parts	5	GF	Painterz Bubble Gum	5	GF	Tootsie Pops Mini	5	GF
Frank Fries	8	-	Pixie Stix (One 6" Stix)	2	GF	Tootsie Rolls Mini	4.5	GF
Fruit O-Long/Foot (Regular 21g)	17	GF	Popeye Candy Sticks (1 box)	2.5	GF	Tootsie Roll Bars (16g)	12	GF
Fruit O-Long/Foot (Mini 14g)	9	GF	Popping Candy/Pop Rocks	1	GF	Tootsie Roll Jr. (10g)	7	GF
Fuzzy Peaches	12	GF	Popping Koolaid	3	GF	Twizzlers Twists (12g)	9	-
GM Fruit Gushers (23g)	18	GF	Real Fruit Gummies (12g)	10	GF	Twizzlers Cherry Nibs (13g)	10	-
Hallowmallow Marshies	2.5	GF	Ring Pop	14	GF	Twizzlers Pull 'N' Peel	10	-
Halloween Swirl Lollipops	10	-	Rockets Roll (7.5g)	7	GF	Warheads Extreme Sour	4	GF
Harbio Gummy Happy Cola (12g)	9	GF	Rockets Mini Roll (4.5g)	4	GF	Warheads Sour Lollipop	5	GF
Harbio Gummy Goldbears (12g)	9	GF	Rockets Candy Money (11g)	10	GF	Welches Fruit Snacks (14g)	11	GF
Hi Chew	4	GF	Rockets Ring (10g)	10	GF	William Burger (10g)	8	-
Hot Dog (10g)	8	-	Rocket Lollipop	7	GF			

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SALTY HALLOWEEN SNACKS

Cheetos Puffs (28g bag)	15	GF	Lays Ketchup (28g bag)	14	GF
Cheetos Puffs (16g bag)	9	GF	Miss Vickie's Sea Salt & Malt Vinegar (24g)	13	-
Doritos Nacho (16g bag)	9	GF	Miss Vickie's Original	13	GF
Doritos Nacho (28g bag)	17	GF	Miss Vickie's Sweet Chili & Sour Cream	13	GF
Doritos BBQ (28g bag)	17	GF	Miss Vickie's BBQ (24g)	13	GF
Doritos Zesty (28g bag)	16	GF	Old Dutch (16g)	9	GF
Doritos Sweet Chili Heat (16g bag)	9	-	Old Dutch Humpty Dumpty Cheese Sticks (16g bag)	7	GF
Doritos Sweet Chili Heat (28g bag)	17	-	Pringles (19g package)	11	-
Garden Veggie Chips	15	GF	Pringles Sour Cream and Onion (19g package)	11	-
Garden Veggie Straws (28g)	15	GF	Popcorn Twists (10g bag)	5	GF
Garden Veggie Straws - Zesty Ranch (28g)	15	GF	Popcorn Twists (17g)		GF
Great Value Chips - Plain	8	GF	Skinny Pop (18g)	7	GF
Goldfish (14g)	9	-	Smartfood White Cheddar Popcorn (18g bag)	8	GF
Goldfish (28g)	16	-	Smartfood Jalapeno & Cheddar Popcorn (18g bag)	8	-
Hawkins Cheezies (28g bag)	16	GF	Smartfood Movie Night Butter Popcorn (18g bag)	8	-
Lays Classic (16g bag)	9	GF	Ruffles Plain (16g bag)	7	GF
Lays Classic (28g bag)	14	GF	Ruffles All Seasoned (28g bag)	13	GF

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OTHER HALLOWEEN TREATS

Chips Ahoy Halloween Packs (15g)	11	-	Made Good Mini Balls - Chocolate Chip	13	GF
Fruit to Go - Assorted Flavours	11	GF	Made Good Baked Mini Cookies - Red Velvet	13	GF
Fruit Source	30	GF	Oreo Halloween Packs (15g)	10	-
Fruit Source +Veggie	28	GF	Paw Patrol Cookie Packs (7 Cookies)	19	-
Hello Panda - Chocolate (21g)	13	-	Kellogg's Mini Rice Krispy Treats (11g)	8	-
KIND mini granola bar - Peanut Butter and Dark Chocolate (20g)	7	GF	That's It Fruit Bars (20g)	13	GF
KIND mini granola bar - Almond Sea Salt & Dark Chocolate (20g)	5	GF	Golden Days Sesame Snaps	17	GF
Made Good Chocolate Granola Bars	14	GF	Bear Paw Brownie (40g)	27	-
Made Good Mini Granola Bars - Chocolate Chip (1 package)	13	GF	Bear Paw Chocolate Chip (40g)	26	-
Made Good Mini Granola Bars - Mixed Berry (1 package)	14	GF	Wagon Wheel	24	-
Made Good Mini Balls - Mixed Berry	14	GF			

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