

Halloween Carb Counts 2013



This list is based on the 2013 JDRF Halloween Candy carb counts list.
Gluten free values have been compiled from various sources.

****As Always, please check with the package and manufacturer for any changes in products****

GF : This product is considered gluten free by manufacturer

GF : This product may not be gluten free across all brands or is labeled as “may contain wheat”

*Please check Hershey’s site directly, as most holiday items are not considered gluten free due to manufacturing changes:
<http://www.thehersheycompany.com/brands/special-nutrition.aspx>

*Mars may use non-dedicated equipment during the holiday production. Mars labels the risk of contamination on each package individually.

For a comprehensive list of items with varying degrees of gluten safety:
<http://celiacfamily.com/gluten-free-halloween-candy/>

<http://celiacdisease.about.com/od/glutenfreefoodshopping/a/GFcandies.htm>

<http://surefoodsliving.com/2013/10/gluten-free-halloween-candy-quick-list-2013/>

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	Candy	Fun size	Mini	Pieces (pcs)
GF	3 Musketeer	12g	4.4g	
	100 Grand	8g	15g	
GF	Air Heads		8g	
GF	Almond Joy	10g	8g	
GF	Atomic Fireballs			9g/ per pc
GF	Baby Ruth	13g		
GF	Bit-o-Honey			38g/ 6 pcs
GF	Blow pop	14g		
GF	Bottle Caps			14g/ 10 pcs
GF	Bubble Yum			6g/ per pc

	Candy	Fun size	Mini	Pieces (pcs)
GF	Butterfinger	14g	7.3g	
GF	Candy Corn			15g / 15 pcs
GF	Dots			35g/ 12 pcs
GF	Double Bubble Gum			5g/per pc
GF	Dum Dums			6g/ per pc
GF	Fruit by the Foot			16g/ roll
GF	Fruit Roll Up			12g/ roll
GF	Gummy Bears			30g / 11 pcs
GF	Hershey's Almond Bar		5g	
GF	Hershey's Kisses			8g / 1 pc
GF	Hershey's Kisses with Almonds			2g / 1 pc
GF	Hershey's Milk Chocolate Bar	8g	5g (avg)	
GF	Hot Tamales	12g		
GF	Jolly Rancher			6g / 1 pc
GF	Jolly Rancher Lollipops			16g / 1 pc
GF	Junior Mints	12g		
GF	Kit Kat	10g	5.6g	

	Candy	Fun size	Mini	Pieces (pcs)
	Licorice			15g / 3 pcs
GF	M&M's Plain	12g	15g	15g/ 10 pcs
GF	M&M Peanut	11g	13g	7.5g / 6 pcs
GF	Mike & Ikes	12g		
GF	Milk Duds	9g		
GF	Milky Way	12g	6g	
GF	Mounds	10g		
GF	Mr. Good Bar	8g	4g	
GF	Nerds	14g		
	Nestle's Crunch	7g	7g	
GF	Pay Day	9g		
GF	Reese's Peanut Butter Cups	12g	5g	18g / 2 regular pcs
GF	Skittles	17.5g		15g/ 15 pcs
GF	Smarties			6g / 1 roll
GF	Snickers	10g	4.4g	
GF	Starbursts			10g / 2 pcs
GF	Swedish Fish	16g		
GF	Sweet Tarts mini packs			13g / 5 packs
GF	Tootsie Pop			16g / 1 pop
GF	Tootsie Rolls			10g / 1 pc
GF	Tootsie Roll Midgee			7g / 1 pc
	Twix	10g	6.6g	
	Twizzlers		14g	8g / 1 pc
	Warheads			13g / 5 pcs
	Whoppers	16g	5g	15g / 8 pcs
GF	Wonka Pixie Stix			2g / 1 pc
GF	York Peppermint Patty			11g / 1 pc