

SPOOKTACULAR NEWSLETTER



FCYD Camp UTADA Utah's Diabetes Camps October 2025



We would love your help in creating our newsletter! Your ideas, thoughts, tips, and resources would make a significant difference. We invite parents, campers, teen leaders, and volunteers to join us in making this newsletter informative and entertaining.

Let's come together and share what makes our community special!

If you are interested in joining the newsletter subcommittee, please contact Elise at (801) 718-4366 or eliseswenson1@gmail.com.



 ***Type 1 diabetes and Halloween can stir up a whirlwind of anxiety. A holiday bursting with treats and sugary delights can be daunting. Here is a helpful carb-counting guide to make this Halloween manageable and a safe celebration for all!***



Children with Diabetes®

HALLOWEEN CARB COUNTS



Candy	Size/Package	Carbs (g)	Candy	Size/Package	Carbs (g)
3 Musketeers	16 gram fun-sized bar	12g	M&M's, peanut	Fun size	11g
3 Musketeers	2.13 oz. bar	47g	M&M's, peanut	1.74 oz. bag	30g
Almond Joy	17 gram snack-sized bar	10g	M&M's, peanut butter	1.63 oz. bag	26g
Baby Ruth	18 gram fun-sized bar	12g	Milky Way	17 gram fun-sized bar	12g
Baby Ruth	2.1 oz. bar	39g	Milky Way	1.84 oz. bar	37g
Blow Pop	1 lollipop	17g	Nestle's Crunch	13 gram fun-sized bar	8g
Butterfinger	18 gram fun-sized bar	13g	Nestle's Crunch	1.55 oz. bar	29g
Butterfinger	1.9 oz. bar	36g	Reese's Cups	2 regular-sized 1.5 oz. cups	24g
Candy Corn	15 pieces	28g	Reese's Cups	21 gram snack-sized cup	12g
Dum Dum	1 lollipop	6g	Skittles	Fun size	14g
Gummy Bears	10 pieces	18g	Skittles	15 pieces	15g
Heath Bar	1.4 oz. bar	24g	Snickers	17 gram fun-sized bar	10g
Hershey's Almond	1 snack-sized bar	7g	Snickers	1.86 oz. bar	32g
Hershey's Almond	1.45 oz. bar	22g	Starburst	4 pieces	16g
Hershey's Kisses	5 pieces	15g	Sweet Tarts	15 gram mini candy roll	13g
Hershey's Milk Chocolate	1 snack-sized bar	8g	Tootsie Pop	1 lollipop	15g
Jolly Rancher	1 piece	6g	Tootsie Roll	1 3-inch piece	7g
Kit Kat	14 gram fun-sized bar	10g	Tootsie Roll Midgees	5 pieces (1.25 oz each)	23g
Kit Kat	1.5 oz. bar	27g	Twix	16 gram fun-sized bar	11g
Twizzlers	3 6-inch pieces	27g	Twix	1.79 oz. bar	34g
M&M's, plain	"Halloween" mini box	10g	Warheads, Regular & Sour	4 pieces	10g
M&M's, plain	Fun size	9g	Whoppers	3 pieces (fun size)	5g
M&M's, plain	1.69 oz. bag	35g	Wonka Pixie Stix	Each (about 6 inches)	2g