

Sweet Treats - Carb Counts

CANDY: FRUIT FLAVORED	AMOUNT	CARBS	GRAMS
Amazing Fruit Gummy Bear	1.5 oz. Bag	2	32 g.
Brachs Candy Corn	1 treat pack	1	13 g.
Brachs Hi-C Gummy Fruits	1 treat pack	1	15 g.
Brachs Mellowcremes	3	1	18 g.
Charms Blow Pops	1 pop	1	13 g.
Farley Pumpkins	3	1	15 g.
Go Lightly Hard Candy SF	4	1	15 g.
Go Lightly Taffy SF	2	1	13 g.
Gummy Lifesavers	5 pieces	1	15 g.
Gummy Mummies	1 treat pack	1	15 g.
Hi-C Hard Candies	3	1	16 g.
Jolly Ranchers	3	1	17 g.
Lifesaver Pops	1	1/2	10 g.
Lifesavers	6 pieces	1	15 g.
Now 'n' Later	3	1	13 g.
Skittles	1 funsize or 2 Tbsp.	1	18 g.
Smarties	1 large roll	1/2	8 g.
Smuckers Jelly Beans	1 treat pack	1	18 g.
Spree	1 roll	1/2	7 g.
Starburst Chews	1 funsize or 2 pieces	1/2	8 g.
Sweet 'n' Low Hard Candy SF	4	1	15 g.
Sweet Tarts	8 pieces	1	14 g.
Tootsie Pops	1 pop	1	16 g.
CHOCOLATE: MINIATURES	AMOUNT	CARBS	GRAMS
Hershey Assorted	3 pieces	1	15 g.
Hershey's Hugs	6 pieces	1	16 g.
Hershey's Kisses	5 pieces	1	14 g.
Hershey's Nuggets	3 pieces	1	17 g.
Hershey's Nuggets with Almonds	3 pieces	1	15 g.
Hershey's Nuggets Cookies 'n' Crème or Mint	3 pieces	1	18 g.
Milky Way Regular	3 pieces	1	18 g.
Milky Way Dark	3 pieces	1	18 g.
Milky Way Lite	3 pieces	1	18 g.
Reeses	3 pieces	1	13 g.
Snickers	3 pieces	1	17 g.
3 Musketeer	3 pieces	1	14 g.
Tootsie Roll Midgees	3 pieces	1	17 g.
Twix	2 pieces	1	13 g.

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CHOCOLATE: FUNSIZE	AMOUNT	CARBS	GRAMS
Almond Joy	1	1/2	8 g.
Baby Ruth	1	1 1/4	19 g.
Butterfinger	1	1	15 g.
Heath	1	1/2	6 g.
Hershey's Chocolate Bar	1	2/3	10 g.
Hershey's Cookies 'n' Cream Ghost	1	1	18 g.
Hershey's Marshmallow Pumpkin	1	1 1/2	22 g.
Hershey's Sweet Escapes Caramel & PB Crispy Bar	1 (0.7 oz. bar)	3/4	12 g.
Hershey's Sweet Escapes Choc Toffee Crisp	1 (0.66 oz. bar)	3/4	12 g.
Hershey's Sweet Escapes Triple Choc Wafer Bars	1 (0.7 oz. bar)	1	14 g.
Junior Mints	1 (4 pieces)	1	16 g.
Kit Kat	1	2/3	10 g.
M & M's Peanut	1	1	13 g.
M & M's Plain	1	1	15 g.
Milk Duds	1	1/2	6 g.
Milky Way	1	1	14 g.
Mounds	1	1/2	8 g.
Nestle Crunch	1	1/2	7 g.
Payday	1	3/4	11 g.
Pom Poms	1 (2 pieces)	1	13 g.
Reeses	1	2/3	10 g.
Reeses PB Pumpkins	1	1	15 g.
Russell Stover Caramel Werewolf	1	2	30 g.
Russell Stover Chocolate Marshmallow Vampire	1	1	17 g.
Russell Stover Orange Marshmallow Pumpkin	1	2	32 g.
Sixlets	1	1/2	8 g.
Snickers	1	3/4	12 g.
3 Musketeer	1	1	13 g.
Twix	1	2/3	10 g.
Whoppers	1	1	16 g.
GUM	AMOUNT	CARBS	GRAMS
Bazooka Bubble Gum	2 pieces	1/2	8 g.
Big Red	1 stick	0	2 g.
Bubbleyum	1 piece	1/2	6 g.
Bubblicious	1 piece	1/2	6 g.
Carefree	1 stick	0	2 g.
Doublemint	1 stick	0	2 g.
Extra	1 stick	0	0 g.
Juicy Fruit	1 stick	0	2 g.
Super Bubble	2 pieces	2/3	10 g.
Wrigley's	1 stick	0	2 g.

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CAKES & FROSTINGS		AMOUNT	CARBS	GRAMS
Cake, frosted	2" square		2	see pkg.
Cake, no frosting	1/16th recipe		2	28 g.
Cake, no frosting	1/12th recipe		2 1/2	36 g.
Cupcake, frosted	1 small		2	see pkg.
Betty Crocker/Pillsbury White or Chocolate Cake	1/12th recipe		2	35 g.
Betty Crocker/Pillsbury Creamy Frosting	2 Tbsp.		1 1/2	24 g.
Betty Crocker's Whipped Fluffy Frosting	2 Tbsp.		1	16 g.
COOKIES & BROWNIES		AMOUNT	CARBS	GRAMS
Chips Ahoy Regular	2 cookies		1	14 g.
Chewy Chips Ahoy	2 cookies		1	16 g.
Chunky Chips Ahoy	2 cookies		1 1/3	20 g.
Nabisco Fudge Striped Shortbread Cookies	2 cookies		1	14 g.
Oreo/Hydrox Cookies	2 cookies		1	14 g.
Duncan Hines Fudge Brownie	1/18th recipe		1 2/3	25 g.
PUDDING		AMOUNT	CARBS	GRAMS
Pudding Regular	1 pudding		1-2	see pkg.
Pudding SF	1/2 cup		1	see pkg.
ICE CREAM		AMOUNT	CARBS	GRAMS
Popsicles, Fruit Bars, Ice Cream Bars (regular or SF)	1 bar		1/2 - 3	see pkg.
Various Flavors	1/2 cup		1-2	see pkg.
BASKIN ROBBINS ICE CREAM & CONES		AMOUNT	CARBS	GRAMS
Fat-Free	1 regular scoop		1 1/2	22 g.
Light	1 regular scoop		1 1/4	19 g.
Chocolate Almond	1 regular scoop		2	31 g.
Chocolate Chip	1 regular scoop		2	28 g.
Jamoca Swiss Almond SF	1 regular scoop		1 1/4	19 g.
Pralines 'n' Cream	1 regular scoop		2 1/3	35 g.
Strawberry SF	1 regular scoop		1	17 g.
Sherbets & Ices	1 regular scoop		2 1/3	35 g.
Vanilla	1 regular scoop		1 1/2	24 g.
Very Berry Strawberry	1 regular scoop		2	30 g.
World Class Chocolate	1 regular scoop		2 1/3	35 g.
Chilly Burgers Vanilla	1		2	32 g.
Tiny Toon Ice Cream Bar Vanilla	1		1	18 g.
Tiny Toon Ice Cream Bar Mint Chocolate Chip	1		1	17 g.
Sugar Cone	1		3/4	11 g.
Waffle Cone	1		2	28 g.
TIPPINS SF PIES		AMOUNT	CARBS	GRAMS
Apple	1/6th pie		3 1/2	54 g.
Banana	1/6th pie		2	28 g.
Chocolate	1/6th pie		1 1/2	23 g.
Coconut	1/6th pie		1 1/2	23 g.
Wildberry	1/6th pie		4	58 g.