



Halloween and Diabetes

How can I manage my diabetes on Halloween?

Halloween is quickly approaching and it's often a difficult time for families dealing with diabetes. It is important for your child to be able to take part in school parties and trick-or-treating. But how can you let your children participate in all of the activities without sending their blood glucose levels soaring?

Tips for having a happy Halloween without being haunted by diabetes:

- **Treats don't have to be sweets:** encourage neighbors to pass out other goodies for Halloween, such as stickers, small toys, books, etc.
- **Buy it back:** offer to "buy" your child's candy back and allow them to use the money for a small toy or a book. That way they still feel like they're getting a treat.
- **Modify your idea of Halloween:** Halloween doesn't have to be all about the candy. Focus on creatively decorating your house, your yard, your pumpkin, etc. Look for local activities, such as haunted hayrides. Host a Halloween party for your child and their friends where you can supply healthy food choices.
- **Eat only the best:** Have your child pick their favorite pieces of candy and get rid of the rest. Let your child enjoy a few pieces in the days following Halloween and use it as an opportunity to show them how to cover their carbohydrates with insulin.
- **Store some of the rest:** Search through your child's loot and find candy that can be used to treat future lows (like smarties or hard candy). Divide them up into servings of 15g carbohydrate and bag them individually. Store them in easy to reach places, such as your car or your child's backpack.

- **Fun-size it:** Sugar is not completely off limits for children and adults with diabetes. Make sure the carbohydrate counts are factored into your child's meal plan and covered by their insulin. A fun-size candy bar often runs around 10-15g of carbohydrate. Be sure to check the nutrition label as some candy bars have more carbohydrates.
- **Make it a family affair:** Eating candy in moderation is a good idea for the whole family. Encourage older siblings to also pick their favorite pieces and get rid of the rest. Donating leftovers to a children's hospital will be a rewarding experience for everyone.

It is best to eat foods high in sugar with a meal rather than having them alone as a snack. By doing this it will have less impact on blood sugar because the body will be digesting protein and fat in addition to sugar. And what about sugar-free candy? You will still need to read the Nutrition Facts label to check the carbohydrate value and work it in accordingly. Be aware of products containing sugar alcohols (i.e. sorbitol), which can cause diarrhea when eaten in excess. These sugars are absorbed slower than real sugar, but will still ultimately affect blood sugar.

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| Candy | Size/Package | Carbs (g) |
|------------------------------|---------------------------|------------------|
| 3 Musketeers | 16 gram fun-sized bar | 12g |
| 3 Musketeers | 2.13 oz bar | 46g |
| Baby Ruth | 2 oz. Bar | 37g |
| Baby Ruth | 1 fun size | 17g |
| Blow Pop sucker | One sucker | 13g |
| Butterfinger | 2 oz. Bar | 41g |
| Butterfinger | 22 gram-fun sized bar | 15g |
| Candy corn | 15 pieces | 15g |
| Dum Dum suckers | One sucker | 5g |
| Gummy Bears | 11 pieces | 30g |
| Heath Bar | 1.4 oz. Bar | 25g |
| Hershey's Almond | 3 minis | 15g |
| Hershey's Almond | 1.45oz. bar | 20g |
| Hershey's Kisses | 6 pieces | 16g |
| Hershey's Milk Chocolate bar | snack size | 10g |
| Jolly Rancher | 1 piece | 6g |
| Kit Kat bar | 3 piece bar | 10g |
| KitKat | 1.5 oz. Package | 26g |
| Licorice | 3 6-inch Twizzlers | 15g |
| M&M's | "Halloween" mini box | 10g |
| M&M's, plain | mini pack | 15g |
| M&M's, plain | 1.69 oz bag | 34g |
| M&M's, peanut | mini pack | 13g |
| M&M's, peanut | 1.74 oz bag | 30g |
| M&M's, peanut butter | 1.69 oz bag | 27g |
| Milky Way | 2.15 oz bar | 43g |
| Milky Way fun-sized bar 14g | fun-sized bar | 14g |
| Nestle's Crunch | 1.5 oz | 28g |
| Nestle's Crunch | 4 mini bars | 26g |
| Reese's Cups | 2 regular-sized 1 oz cups | 18g |
| Reese's mini cups | 4 1-oz mini cups | 16g |
| Skittles | 15 pieces | 15g |
| Skittles | mini pack | 17.5g |
| Snicker's | fun size | 12g |
| Snickers | 2.07 oz. Bar | 36g |
| Snickers | 20-gram fun-sized bar | 12g |
| Starburst | 4 pieces | 16g |
| Sweet Tarts | mini packs - 5 packs | 13g |
| Tootsie Pop | 1 pop | 16g |
| Tootsie Roll midgets | 12 | 30g |
| Tootsie Rolls | 2 bars | 23g |
| Twix | 2 2-oz. Cookies | 37g |
| Warheads | 5 | 13g |
| Whoopers | 8 Pieces | 15g |