



# Halloween Candy Should Scare You

Be aware of the serving size and how candy can effect your renal diet

Candy	Serving Size	Carbohydrates (grams)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
3 Musketeers*	1 fun size bar (14 g)	11	10	19	27
5th Avenue	1 snack size (16 g)	10	23	56	36
100 Grand	1 miniture (21g)	15	18	34	43
Almond Joy*	Snack size (19g)	11	21	48	27
Baby Ruth*	1 fun size bar (18 g)	12	17	45	41
Bit-O-Honey*	6 pieces (40 g)	32	11	18	118
Butterfinger	1 fun size bar (18 g)	13	17	40	41
Butterscotch	5 pieces (27 g)	24	0	1	104
Caramel	1 piece (10 g)	8	12	22	25
Caramello	3 blocks (21.5 g)	14	32	73	26
Gummy Bears	10 bears (22 g)	22	0	1	10
Gumdrops**	10 drops (36 g)	36	0	2	16
Gummy Worms	10 worms (74 g)	73	1	4	33
Hard Candy	2 pieces (12 g)	12	0	1	5
Heath Bites	15 pieces (39 g)	25	28	82	96

cont.

Candy	Serving Size	Carbohydrates (grams)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
Jelly Beans*	10 large (28 g)	26	1	10	14
Kit Kat	1 mini (10 g)	6	14	23	5
Krackel Chocolate Bar	1 block (12 g)	8	15	40	24
M&M's*	10 pieces (7 g)	5	10	18	4
Marshmallows	3 regular (21.6 g)	18	2	1	17
Milk Chocolate*	1 miniature bar (7 g)	4	15	26	6
Milk Chocolate Coated Raisins*	10 pieces (10 g)	7	14	51	4
Milky Way	1 fun size bar (17 g)	12	11	21	28
Mounds Candy Bar*	Snack size (19 g)	11	17	61	28
Oh Henry!*	1 fun size bar (26 g)	17	36	67	50
Peanut M&M's*	10 pieces (20 g)	12	38	69	10
Reese's Bites	16 pieces (39 g)	22	76	149	70
Reese's Peanut Butter Cup**	1 cup (22.5 g)	12	36	77	80
Reese's Pieces Candy*	15 pieces (12 g)	7	25	43	23
ROLO Caramels in Milk Chocolate*	5 pieces (30 g)	20	21	56	56
Skittles*	Fun size (20 g)	18	0	2	3
SKOR Toffee Bar*	1 bar (39 g)	24	24	60	124
Snickers*	1 fun size bar (15 g)	9	28	48	36
Special Dark Chocolate Bar	1 block (14 g)	8	7	70	1
Spice Drop**	1 drop (24 g)	24	0	1	11
Starburst Fruit Chews*	Fun size (8 chews - 40 g)	33	2	1	1
Tootsie Roll*	1 piece (6.6 g)	6	4	8	3
Twix	1 bar (29 oz)	19	30	54	57
Twizzler Cherry Bites	18 pieces (40 g)	32	19	6	104
White Chocolate	1 oz (28 g)	17	49	80	25
York Bites	15 pieces (39 g)	32	1	42	18
York Peppermint Patty*	1 patty (43 g)	35	0	48	12

Data obtained from National Nutrient Database for Standard Reference <http://ndb.nal.usda.gov/ndb/foods>. Nutritional values rounded to the closest number.

\* Gluten Free Candies. Source: Celiac Kids Connection; Childrens Hospital. Other candies listed may be gluten free. <https://drive.google.com/file/d/0B9r1vyIZQ6SINVE5aGtYbjQwREk/view>

\*\* Gluten Free except for seasonal shaped Reese's Cups; Spice Drops and gummy candies may contain corn gluten based on brand.