


TRICK OR TREATING





Think


ahead!


 If you are trick or treating this year plan your route and make sure a responsible adult is with you.


Crossing roads in the dark can be dangerous – carry a torch to help you.


 Wear reflective or light-coloured clothing to help car drivers see you.


 If you see a sign asking for no visitors, respect that some people don't want callers.

 Be careful and don't eat any sweets that have already been opened or unwrapped.

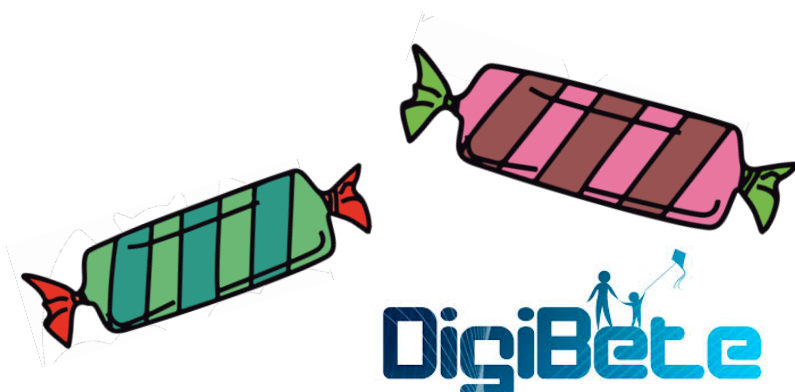
 Are you wearing a costume? Make sure you can easily give an injection, reach your insulin pump, CGM or Flash sensor.

 Carry your diabetes kit with you, so you can check your blood glucose if you feel a bit low, or if you've eaten some sweets. Blood glucose can easily change as a result of excitement, sweet treats and exercise!

 Remember to carb-count the sweets you've eaten! Use the table on the next page for more help with this.

 You may find the weather affects your insulin use as well – especially if it's cold!

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| Sweets | Weight/per portion | Carbohydrates | Carbs per 100g |
|--|----------------------|---------------|----------------|
| Bassett's Creepy Chews | 4.9g per sweet | 4.1g | 84g |
| Butterkist Toffee Popcorn | 20g | 16g | 80.1g |
| Cadbury's Chocolate Buttons | 30g | 17g | 57g |
| Cadbury's Caramel Freddo | 19.5g | 11.5g | 59g |
| Cadbury's Freddo | 18g | 10.1g | 56.5g |
| Cadbury's Heroes | - | - | 65g |
| Candy Sticks | 15g | 14.4g | 95.8g |
| Celebrations | 27.3g "portion" | 17.1g | 62.5g |
| Chupa Chups "Mini" Lollies | 6g | 5.8g | 96g |
| Chupa Chups Lollies (Including "Sugar Free") | 12g | 11.5g | 96g |
| Lolis Drumstick Lollies | 7g | 6.2g | 87.90g |
| Drumstick Squashies | - | - | 82.1g |
| Fruit-Tella Magics | - | - | 83g |
| Fruit-Tella Mini-Stix | 12g per bar | 8.3g | 69g |
| Fruit-Tella Zoo Mania | - | - | 83g |
| Haribo Party Selection | 16g | 12.5g | 78g |
| Haribo Starmix "Mini Bag" | 16g | 12.3g | 77g |
| Haribo Super Party | 16g | 12.5g | 78g |
| Haribo Tangfastics | 16g | 12.8g | 80g |
| Kinder Chocolate Bar | 12.5g | 6.7g | 53.5g |
| Kinder Happy Hippo | 20.7g per hippo | 11.1g | 53.6g |
| Love Hearts Mini Roll | 10g | 8.7g | 87.6g |
| M&Ms – Choc Fun-Size Bag | 20g | 14g | 70.2g |
| M&Ms – Peanut Fun-Size Bag | 20g | 11.8g | 59.2g |
| Maoam Maomix | - | - | 84g |
| Maoam Bloxx | 22g per bloxx | 18.5g | 84g |
| Mars – Fun-Size | 18g | 12.8g | 70.9g |
| Milky Way – Fun-Size | 15.5g | 11.4g | 73.4g |
| Milky Way Crispy Rolls | 25g per 2 roll pack | 16g | 64.2g |
| Milkybar | 12g | 6.4g | 53.1g |
| Milkybar Wowsomes Milk & White Chocolate | 18g | 7.9g | 43.7g |
| Milkybar Wowsomes Milk Chocolate | 18g | 7.8g | 43.2g |
| Rainbow Drops | 10g | 8.8g | 88.7g |
| Skittles – Fun-Size Bags | 18g | 16.3g | 90.8g |
| Smarties | Per 17 sweet portion | 13.9g | 69.6g |
| Starburst | 5g per sweet | 4.2g | 83.9g |
| Twix – Fun-Size | 20g | 13g | 64.9g |

Missed a sweet off this chart?

Tell us what we missed, and we will add it for next year.

Email us on: hello@digibete.org

