



How to Halloween with T1D

For many families newly diagnosed with type 1 diabetes (T1D), few words instill as much fear as Halloween. A whole holiday centered around candy can be a lot to handle. With the right tools and attitude, Halloween can be just as much fun for someone with T1D as it is for any other goblin or ghoul.

Here are some helpful tips for having a T1D scare-free Halloween!

Make a Plan

Plan ahead to help make a potentially challenging holiday manageable. It's important to make sure that teachers, neighbors, and temporary caregivers all know how to handle the overload of snacks and excitement. Things they should know include:

- The amount of candy you are comfortable with your child consuming.
- How you plan to manage insulin dosing based on activity level, blood sugar readings, and treats.
- Any foods they should avoid particularly due to allergies or gluten intolerance.
- The symptoms of low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia) and how to treat each.
- A parent or guardian's contact information and emergency contact information.



Halloween should be a blast for all kids, including those with T1D. We hope these tips and tricks ensure your *Halloween is fun*, not frightful!

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit **BreakthroughT1D.org**.

Trick-or-Treating

Running around during the evening hours may not be a part of your child's typical routine. Here are a few tips to ensure that trick-or-treat outings go smoothly:

- The activity and excitement around trick-or-treating can cause low blood sugars; talk to your diabetes healthcare team about setting a lower temporary basal rate or to discuss the best time to utilize the exercise/activity feature on your insulin pump to account for the extra nighttime fun.
- Cooler temperatures can contribute to low blood sugar. Regardless of the type of costume, make sure your child stays warm.
- No matter how complicated the costume, pumps and continuous glucose monitors (CGM) should be easily accessible. Find a place to stash your child's insulin pump and CGM under their costume. There are a variety of products designed to hold T1D supplies and gear to make the outing easier for everyone.
- Have a plan for eating candy and food while trick-or-treating.
- Take inventory! Sneakily consumed candy could be the explanation for elevated Halloween blood sugars. All those treats can be tempting!

Halloween Treat Alternatives

People with T1D should enjoy Halloween treats, but it's also an opportunity to get creative!



Save some candy for treating lows. Candies that have dextrose as a key ingredient, like Skittles, are great for quickly bringing up blood sugars. Candies with higher fat content, like chocolate bars, are not ideal for treating lows.



Offer to buy back the sweets from your child. Also, check with your local dental offices—they may offer **candy buy-back programs**.



Turn some of your child's pile of **candy into "currency"** they can use to "buy" a book, toy, computer time, or other fun activity.



Give back to others! Food pantries and groups fighting hunger will often accept candy donations for those in need. And some military organizations will send candy to troops overseas.

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Halloween Carb Count Guide

Use the guide below to safely navigate an exciting and fun occasion.



CANDY	QUANTITY	GRAMS
Airheads	1 mini bar	11 g
Almond Joy	1 bar or 1.61 oz	27 g
Almond Joy	1 pc snack size	10 g
Atomic Fireball	2 pcs	15 g
Baby Ruth	1 fun size bar	12 g
Blow Pop	1 pop	17 g
Butterfinger	2 fun size bar	27 g
Candy Corn	1 tube or 17 pcs	27 g
Doritos tortilla chips	1 oz size	18 g
Dubble Bubble Gum	1 pc	5 g
Dum-Dums	1 lollipop	5 g
Fruit Roll Ups	1 mini roll	9 g
Fruit Roll Ups	1 roll	12 g
Goldfish	1 oz snack pack	19 g
Gummy Bears	10 pcs	18 g
Gushers	1 fruit roll-up	12 g
Gushers	1 pouch	18 g
Heath Bar	1 bar or 1.4 oz	25 g
Heath Bar	4 mini bars	18 g
Hershey's with Almond	1 bar or 1.45 oz	22 g
Hershey's with Almond	1 snack size	7 g
Hershey's Cookies and Cream	2 snack size	17 g
Hershey's Kisses milk chocolate	4 kisses	10 g
Hershey's Kisses with Almonds	9 pieces	16 g
Hershey's Krackel	1 mini bar	5 g
Hershey's Milk Chocolate	1 bar or 1.55 oz	26 g
Hershey's Milk Chocolate	1 fun size bar	8 g
Hershey's Nuggets	3 pcs	19 g
Hershey's Rolo	5 pcs	20 g
Hershey's Special Dark Minis	1 pc	5 g
Hershey's York mint patty	1 pc	11 g
Hi-Chew	1 pop	17 g
Hot Tamales	1 box 0.78 oz	20 g
Hubba Bubba Max Gum	1 pc	6 g
Jolly Rancher (hard candy)	1 pc	5.5 g
Kit Kat	1 snack size bar	9 g
Laffy Taffy	3 mini bars	25 g
M&M's Milk Chocolate	1 fun size pk	10 g
M&M's Peanut	1 fun size pk	11 g
M&M's Peanut Butter	1 fun size pk	10 g
Mike and Ike original	16 pcs	27 g
Milk Duds	1 snack size box	8.6 g

CANDY	QUANTITY	GRAMS
Milky Way	1 bar or 1.84 oz	37 g
Milky Way	2 mini bar	12 g
Milky Way	1 fun size bar	12 g
Mounds	1 bar or 1.75 oz	30 g
Mounds	2 snack size or 2 pcs	20 g
Mr. Goodbar	1 bar or 1.75 oz	28 g
Mr. Goodbar	4 mini pcs	21 g
Mr. Goodbar	2 snack size pcs	14 g
Nerds	1 box or 12g pack	11 g
Nestle Crunch	1 bar or 1.55 oz	29 g
Nestle Crunch	2 fun size bar	17 g
Nestle Crunch minis	3 mini bars	20 g
Oreo mini	1 pack	21 g
Oreos Original Sandwich	3 cookies	25 g
Payday	1 bar or 1.85 oz	29 g
Payday	1 snack size or 0.76 oz	12 g
Pop Rocks	1 serving pack	9.5 g
Reese's Caramel Peanut Butter Cup	1 snack size	19 g
Reese's Cups	1 snack size	9 g
Rice Krispies Treat	1 bar or 0.7 oz bar	17 g
Skittles, original	1 fun size bag	14 g
Smarties	1 roll	6 g
Snickers	1 fun size bar or 17g bar	10 g
Snickers	1 bar or 1.9 oz	33 g
Sour Patch Kids	1 fun size bag	11 g
Starburst	3 pcs	12 g
Swedish Fish	1 fun size bag	
SweetTarts	2 mini candy roll or 8 pcs original roll	13 g
Tootsie Roll	1 pc 3" long	7 g
Tootsie Roll Midgees	5 pcs (1.25 oz each)	23 g
Tootsie Roll Pop	1 pc pop	15 g
Twix	1 fun size bar or 1.79 oz	34 g
Twizzlers Twists	1 piece fun size or 6" long	9 g
Warheads, Regular & Sour	4 pieces	10 g
Whoppers	3 pcs or 1 tube snack size	5 g
Wonka Pixie Stix	about 6"	2 g
3 Musketeers	1 bar or 2.13 oz	42 g
3 Musketeers	1 fun size	11.5 g
3 Musketeers	1 mini	4.6 g
100 Grand	1 bar or 1.5 oz	30 g
100 Grand	1 fun size bar	15 g