



# Trick or Treat

## Hallowe'en tips!

- If you are going trick or treating make sure to carry your blood glucose meter and your hypo treatment. You can use 10-15g of carbs from your sweets to treat hypos (low blood sugar). Remember to not use chocolate, cake, or biscuits to treat a hypo!
- If wearing a costume, make sure you can access your pump or glucose sensor or that you are able to check your blood glucose and inject insulin easily.
- Avoid diabetic-labelled chocolate and sweets – these usually contain polyols and can cause tummy upset.
- To help manage your blood glucose levels, try 15g or less of carbs from sweet treats at a time, give insulin before eating, and enjoy your treats after a meal to help reduce the glucose spike.
- Choose smaller sweet treats i.e. fun size, treat size or mini.
- Choose healthier treats like fruit, nuts, popcorn, or sugar-free jelly, or try making your own lower sugar treats! See recipes from Diabetes UK below!

## Make your own sugar-free jelly treats! (Recipe – Diabetes UK)

### Ingredients

- 125ml sugar-free lemonade
- 1 pack sugar-free orange jelly crystals
- 1 x 6.5g sachet vegetarian gelatine
- 1 x 175g low-fat yogurt

### Recipe

1. In a large pan, bring the lemonade to boiling point. Add the jelly and gelatine sachet and stir well, until dissolved.
2. Pour two thirds of the jelly into a flat container and place in the fridge to set.
3. Whisk the yogurt into the remaining jelly.
4. Once the bottom layer is set, pour on the jelly and yogurt mixture and return to the fridge to set.
5. Cut into desired shapes.

### Carbs


- Per 16g serving – 0.7g carbs

### Recipe tips

- Try making with different colours and flavours of jellies or yogurts.

 <span style="font-size: 1.2em; font-weight: bold;">Sweet treat</span> 	<span style="font-size: 1.2em; font-weight: bold;">Portion size (g)</span>	<span style="font-size: 1.2em; font-weight: bold; color: #E67E22;">Carbs per portion (g)</span>
<i>Chocolates</i>		
Cadbury Buttons Treat Size	1 mini bag (14g)	<b>8g carbs</b>
Cadbury Chomp Treat Size	1 mini bar (12g)	<b>8g carbs</b>
Cadbury Crunchie Treat Size	1 mini bar (17.5g)	<b>13g carbs</b>
Cadbury Curly Wurly Treat Size	1 mini bar (14g)	<b>10g carbs</b>
Cadbury Dairy Milk Little Bars	1 little bar (18g)	<b>10g carbs</b>
Cadbury Flake Treat Size	1 mini bar (14g)	<b>8g carbs</b>
Cadbury Freddo Caramel	1 mini bar (19.5g)	<b>11g carbs</b>
Cadbury Freddo Caramel	1 mini bar (18g)	<b>10g carbs</b>
Cadbury Fudge Treat Size	1 mini bar (13.5g)	<b>10g carbs</b>
Cadbury Goo Heads Crème Egg	1 egg (40g)	<b>29g carbs</b>
Cadbury Twirl Treat Size	1 mini bar (14g)	<b>8g carbs</b>
Kinder Chocolate Mini Bar	1 mini bar (12.5g)	<b>7g carbs</b>
Kinder Happy Hippo	1 hippo (21g)	<b>10g carbs</b>
Kinder Surprise Egg	1 egg (20g)	<b>10g carbs</b>
Kitkat	2 fingers (21g)	<b>13g carbs</b>
M&Ms Chocolate Fun Size	1 mini bag (20g)	<b>14g carbs</b>
M&Ms Peanut Fun Size	1 mini bag (20g)	<b>12g carbs</b>
Maltesers Fun Size	1 mini bag (19.5g)	<b>12g carbs</b>
Mars Fun Size	1 mini bar (18g)	<b>13g carbs</b>
Milkyway Fun Size	1 mini bar (15.5g)	<b>11g carbs</b>
Milkyway Magic Stars Fun Size	1 mini bag (12g)	<b>7g carbs</b>
Smarties	1 tube (38g)	<b>26g carbs</b>
Snickers Fun Size	1 mini bar (18g)	<b>11g carbs</b>
Twix Fun Size	1 mini bar (20g)	<b>13g carbs</b>
<i>Sweets</i>		
Dolly Mixtures	20g portion	<b>19g carbs</b>
Haribo Fruitilicious Mini	1 mini bag (25g)	<b>13g carbs</b>
Haribo Giant Strawbs Mini	1 mini bag (25g)	<b>20g carbs</b>
Haribo Starmix Mini	1 mini bag (25g)	<b>19g carbs</b>
Haribo Supermix Mini	1 mini bag (25g)	<b>20g carbs</b>

 <i>Sweet treat</i> 	<i>Portion size (g)</i>	<i>Carbs per portion (g)</i>
Haribo Tangfastics Mini	1 mini bag (25g)	<b>20g carbs</b>
Haribo Trick or Treat Mini	1 mini bag (25g)	<b>19g carbs</b>
Maoam Joystixx	2 joystixx (25g)	<b>21g carbs</b>
Maoam Pinballs	25g portion	<b>22g carbs</b>
Maoam Strips	3 strips (25g)	<b>21g carbs</b>
Skittles Mini	1 mini bag (18g)	<b>16g carbs</b>
Starburst	3 sweets (15g)	<b>12g carbs</b>
Strawberry Laces	3 laces	<b>10g carbs</b>
Swizzels Drumstick Squashies Mini	1 mini bag (14g)	<b>12g carbs</b>
Swizzels Fizzers Mini	1 mini roll (7g)	<b>6g carbs</b>
Swizzels Love Hearts Mini	1 mini roll (10g)	<b>9g carbs</b>
Swizzels Parma Violets Mini	1 mini roll (6g)	<b>6g carbs</b>
Swizzels Refreshers Mini	1 mini refresher (9g)	<b>8g carbs</b>
<i>Cakes</i>		
Cadbury Chocolate Mini Roll	1 mini roll (26g)	<b>15g carbs</b>
Cadbury Goo Head Cake Bars	1 cake bar (25g)	<b>15g carbs</b>
Jaffa Cake Zesty Orange Cake Bar	1 cake bar (24.5g)	<b>15g carbs</b>
Mr Kipling Toffee Apple Pie	1 apple pie (59g)	<b>35g carbs</b>
Soreen Toffee Apple Mini Loaves	1 mini loaf (30g)	<b>20g carbs</b>
Tesco Halloween Cupcakes	1 cupcake	<b>30g carbs</b>
<i>Lollipops</i>		
Chupa Chups Lollipop	1 lollipop (12g)	<b>11g carbs</b>
Chupa Chups Lollipop Mini	1 mini lollipop (6g)	<b>6g carbs</b>
Swizzels Double Lollies	1 lolly (12g)	<b>11g carbs</b>
Swizzels Drumstick Lollipop	1 lollipop (12g)	<b>10g carbs</b>
Swizzels Drumstick Squashies Lollies	1 lolly (70ml)	<b>10g carbs</b>
Swizzels Fruity Pops	1 lolly (11g)	<b>10g carbs</b>
Swizzels Mega Double Lollies	1 lolly (32g)	<b>30g carbs</b>
<i>Biscuits</i>		
Cadbury Mini Fingers	1 mini bag (19g)	<b>12g carbs</b>
Maryland Cookies Chocolate Chip	1 mini bag (20g)	<b>13g carbs</b>

 <i>Sweet treat</i> 	<i>Portion size (g)</i>	<i>Carbs per portion (g)</i>
Party Rings	1 mini bag (21g)	<b>13g carbs</b>
<i>Biscuit Bars</i>		
Blue Riband	1 bar (18g)	<b>12g carbs</b>
Cadbury Snack Shortcake	2 biscuits (20g)	<b>13g carbs</b>
McVities Club Orange	1 biscuit (22g)	<b>14g carbs</b>
McVities Penguin	1 bar (25g)	<b>16g carbs</b>
Rice Krispie Square Marshmallow	1 square (28g)	<b>21g carbs</b>
<i>Fruit</i>		
Apple	1 small (85g)	<b>8g carbs</b>
	1 medium (130g)	<b>13g carbs</b>
Banana	1 small (100g)	<b>13g carbs</b>
	1 medium (130g)	<b>17g carbs</b>
Satsuma	1 medium (85g)	<b>5g carbs</b>

***Further recipes from Diabetes UK:***

Halloween biscuits: <https://www.diabetes.org.uk/guide-to-diabetes/recipes/halloween-biscuits>

Witchetty grubs: <https://www.diabetes.org.uk/guide-to-diabetes/recipes/witchetty-grubs-swamp-juice>

Ogres eyeballs: <https://www.diabetes.org.uk/guide-to-diabetes/recipes/ogres-eyeballs>