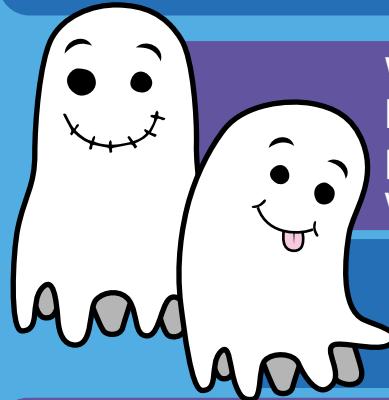




Trick or Treating on this Frightful Halloween

This Halloween you and your children might be heading out to a haunted house to have some spooky fun and if you have children who have type 1 diabetes this might feel a little eerie as the roads are paved with sugary treats and the cauldrons are filled with gruesome sweets.



Whilst we can't stop the witches stealing your broomsticks or ghosts raiding your pumpkin patches, our little ghouls at DigiBete have been working on a way to help you plan ahead.



In true ghoul style they've come up with a most glorious cheat sheet to help avoid those nightmarish moments of working out a tiny sweet that has no carb information.

See their terrifyingly good table below and if you find that our naughty little ghouls have missed a sweet off the chart do let them know. You can contact them at hello@digibete.org And don't worry, they don't bite (too much!) Mwaaahhhh

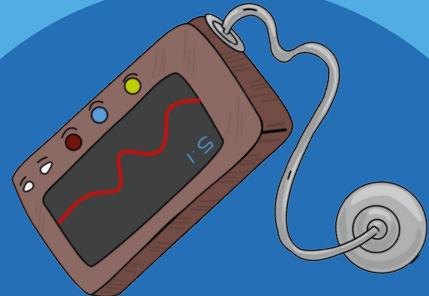
Sweets	Weight	Carbohydrates	Carbs per 100g
Cadbury's treat size Twirl	21.5g (per finger)	13g	58g
Cadbury's treat size Curly Wurly	14g (per bar)	9.9g	71g
Cadbury's treat size Flake	20g (per bar)	11.8g	59g
Cadbury's treat size Fudge	13.5g (per bar)	10g	75g
Cadbury's chocolate buttons	30g	17g	57g

Sweets	Weight	Carbohydrates	Carbs per 100g
Cadbury's Caramel Freddo	19.5g	11.5g	59g
Cadbury's Freddo	18g	10.1g	56.5g
Cadbury's Heroes	12g (each)	8g (each)	65g
Celebrations	10g (each)	6g (each)	62.5g
Chupa Chups 'mini' lollies	6g	5.8g	96g
Chupa Chups lollies	11g	10.5g	96g
Lolis Drumstick lollies	7g	6.2g	87.9g
Drumstick squashies	20g (serving)	17g	84g
Fruit-tella Magics	—	—	83g
Fruit-tella Zoo Mania	—	—	83g
Haribo Party Selection	16g	12.5g	78g
Haribo Starmix - 'Mini Bag'	16g	12g	77g
Haribo Tangfastics	16g	12.8g	80g
Kinder Chocolate Bar	12.5g	6.7g	53.5g
Kinder Happy Hippo Milk Chocolate and Hazelnut Biscuits	20.7g (per hippo)	10.4g	50.5g
Love Hearts mini roll	10g (approx)	8.7g	87.6g
M&M's Fun-size choc bag	20g	14g	70.2g
M&M's Fun-size peanut bag	20g	11.8g	58.8g
Maoam Stripes	7g (each)	6g	84g
Maoam Bloxx	22g (1 bloxx)	18.5g	84g
Mars - Fun-size	18g	12.7g	70.7g
Milky Way - Fun-size	15.5g	11.4g	73.4g

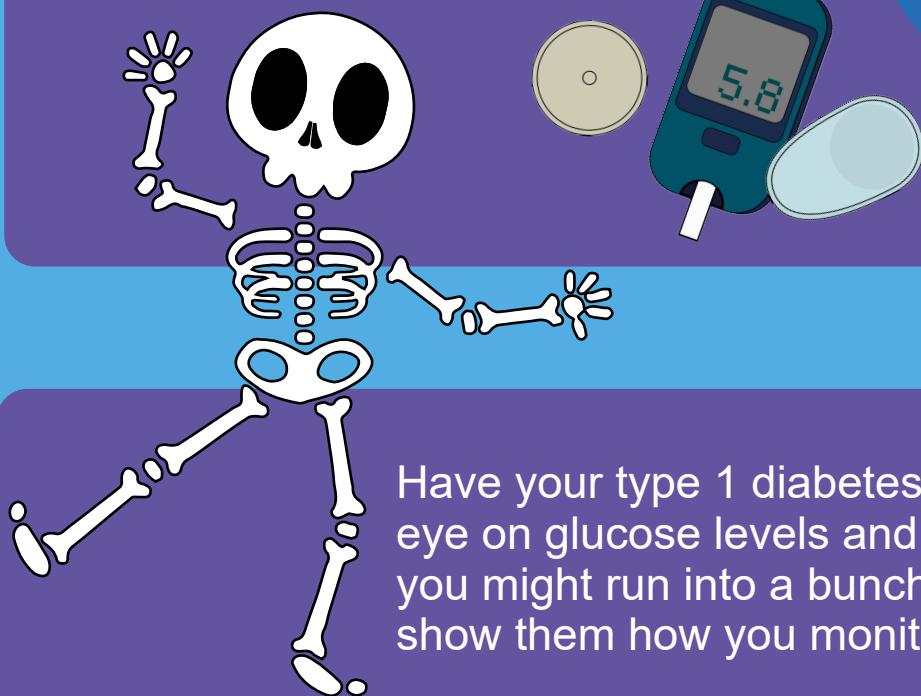
Sweets	Weight	Carbohydrates	Carbs per 100g
Milkybar	12g	6.4g	52.9g
Milkybar Wowsomes white chocolate	18g	7.8g	43.2g
Rainbow Drops	10g	8.7g	87.3g
Skittles - Fun-size bags	18g	16g	89.1g
Smarties - Fun-size box	14.4g (1 box)	9.8g	68.1g
Twix - Fun-size	20g	13g	64.6g
Starburst - Fun-size	—	—	83.9g

Top Tips

Trick or treating is exercise! Especially if it's a full moon and you are being chased by those pesky werewolves. You might find your insulin needs could change slightly. Keep an eye on levels and we find running in zig zags can help disorientate the werewolves.



Make sure you can easily reach your insulin pump, CGM or Flash sensor when wearing your spookily good costume.



Have your type 1 diabetes kit with you to keep an eye on glucose levels and you never know when you might run into a bunch of skeletons and need to show them how you monitor your blood glucose.