

Happy Easter!

How do you deal with candy on holidays? Holidays can be a difficult time to have good control of blood sugars. Here are a couple of suggestions for families:

1. If the candy can be eaten with a meal where other foods will be eaten and insulin given, it may be easier to control blood sugars.
2. Allow your child to have a fun day and do your best to dose appropriately for the candy he/she eats. However, if there is extra candy leftover from the day, we recommend “trading” your child their candy for some other toy or game. This will ensure that the extra candy isn’t being snacked on over the next few weeks, causing high blood sugars.



Here are some common Easter treats with the carbohydrate count:

Candy	Serving Size	Carbohydrate Grams
Brach’s Jelly Beans	7	18
Bubblegum Eggs	1	4
Cadbury Caramel Eggs	3 mini	17
Cadbury Crème Eggs	1 large	30
Cadbury Mini Eggs	6	15
Dove Chocolate Eggs	4	16
Hershey’s Chocolate Eggs	4	15
Hershey’s Marshmallow Egg	1	18
Hugs-Chocolate	6	18
Jolly Rancher Jelly Beans	12	16

Kisses-Chocolate	6	18
M&M peanut, fun size	20.9 grams	13
M&M plain, fun size	20.9 grams	15
Marshmallow PEEPS	2	16
Nestle Butterfinger Eggs	5	29
Nestle Caramel Filled Eggs	5	28
Nestle Crunch Eggs	3	15
Reese's Peanut Butter Eggs	2	19
Reese's Peanut Butter Filled Eggs	4	17
Reese's Pieces Eggs	8	16
Starburst Jelly Beans	17	15
Sweetarts-Easter Shapes	5	15
Sweetarts-Hearts	11	13
Whoppers Robin Eggs	4	15

