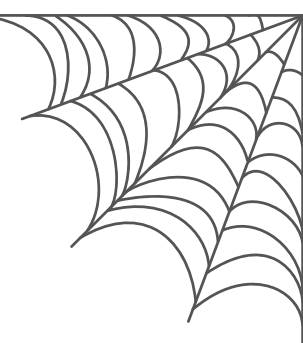




Trick or Treat!



Carb Estimate Cheat Sheet

Keep the FUN in Halloween, while staying safe with T1D. Try your best to estimate carbs in your treats- remember, more than carbs alone affect blood sugars! Monitor blood sugars & adjust as needed.

5

(3-7 grams each)



12- 16 g bags

10

(8-12 grams each)



16 g bags

15

(13-17 grams each)



28 g bags

This was created using net carbohydrate amounts for "snack" or "fun size" options according to nutrition labels available in Canada, October 2025. Please confirm the serving size and nutrition facts of the products you choose, especially when eating large quantities (more than ~3-4 pieces). Images are for illustrative purposes.

© Type One Journeys Inc., 2025.

Type
One
Journeys