

Low-Protein Halloween Treat Guide

For those with PKU: Make sure any sugar-free treats don't contain aspartame!



- Airheads
- Bottlecaps
- Candy Necklaces
- Dots
- Fruit Runts
- Fun Dip
- Gobstoppers

- Hard Candy
- Jolly Ranchers Hard Candy
- Laffy Taffy
- Lifesavers
- Mike & Ike
- Nerds

- Pez Candy (*In dispenser*)
- Pixy Stix
- Ring Pop
- Salt Water Taffy
- Smarties (*U.S. version*)

- Sour Patch & Sour Punch Candy
- Suckers/Dum Dums/Lolly-Pops
- Swedish Fish
- SweetARTS classic



- Per Piece**
- Licorice, Bites
 - Marshmallow Ghosts
 - Sugar Daddy, Junior

- Tootsie Roll Midgees
- Tootsie Roll Pops (*Caramel, Chocolate, or Fruit flavors*)

- Per Package**
- Candy Corn
 - Jelly Beans (*All flavors*)
 - Skittles (*All flavors*)

- Sprees Chewy Candy
- Starburst Fruit Chews (*All flavors*)
- SweetARTS Chewy

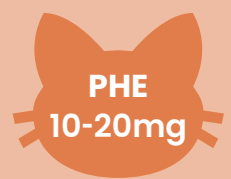


- Per Piece**
- Hershey Hugs
 - Hershey Kisses
 - Kraft Caramels

- Red Vines Black Licorice Twists
- Red Vines Original Red Twists
- Rolo Caramels in Milk Chocolate

- Twizzlers Licorice Twists
- Twizzlers Strawberry Twists

- Per Package**
- Sugar Babies (*Fun Pack*)
 - Whoppers (4 malt balls)

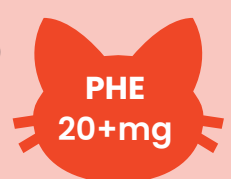


- Fun Size Candy Bars**
- \$100 Grand
 - 3 Musketeers
 - Almond Joy
 - Baby Ruth
 - Butterfinger
 - Hershey's Minis
 - Kit Kat
 - Milky Way
 - Mounds
 - Snickers
 - Twix

- Per Piece**
- Pillsbury Ready To Bake Cookie Dough (*Ghosts, Pumpkins, etc; 1.0g pro/cookie*)
 - Reese's Peanut Butter Cup (*Miniature*)
 - York Peppermint Patty

- Per Package**
- Sensible Portions Ghosts & Bats Garden Veggie Sea Salt Chips (*0.6g pro/0.75 oz. bag*)
 - Haribo Gummi Bears
 - Jolly Rancher Gummies
 - Junior Mints
 - Lifesavers Gummies

- M&M's (*Fun size*)
- Milk Duds (*13 pieces*)
- Raisinets
- Sugar Daddy Pop (*Large size*)
- Trader Joe's Ghosts & Bats Crispy Potato Snacks (*1.0g pro/oz.*)



Ideas for Handling Halloween Candy

- 🦋 Set aside higher-pro candy for the "switch witch" who comes & brings a present on Halloween night
- 🦋 Trade in higher-pro candy at the dentist or donate it at local firehouses or other organizations
- 🦋 Trade higher-pro candy with friends & siblings for lower-pro options

All data is based on values from How Much Phe, which will soon be replaced by the flok app. Precise values for each snack can be found in both apps. Learn more at flok.org/app

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