Enjoying Halloween When You Have Diabetes

Children with diabetes don't have to miss the Halloween fun if you plan ahead to adjust their diabetes management plan. Children with diabetes can eat candy on Halloween, just like any child and it doesn't have to be sugar free! However, parents should plan ahead to work the candy into their child's diabetes meal plan or ensure they get enough insulin to cover the carbohydrates in the candy. Refocus the celebration and host a Halloween party and focus on fun not food ☺

Planning Ahead for Halloween with Diabetes

It's best to discuss your plans for Halloween with your child with diabetes in advance, so they know what to expect. You can even involve your child in figuring out what to do with extra candy. Children are much more likely to be on board with a plan that they have helped create.

What To Do With Extra Candy

Some families save the extra candy and put a piece or two in their child's lunch box each day (if candy is allowed by the school) or use it to treat low blood glucose reactions (be careful not to use candy with a lot of fat, such as chocolate bars, as hypoglycemia treatments). Skittles and Sweet Tarts are acceptable to treat hypoglycemia.

Other families work out an exchange plan where children can trade in their candy for other special items, such as small toys or a special family outing. You may also be able to put extra candy towards a good cause, by donating it to community groups or sending it to troops serving overseas.

After Trick-Or-Treating

Children with diabetes will be able to handle post-trick-or-treating if they know in advance how much candy they can eat and keep. If you plan to save candy to be eaten later, they can still trade candy with their friends. They may want to involve their friends in any exchange plan you've created.

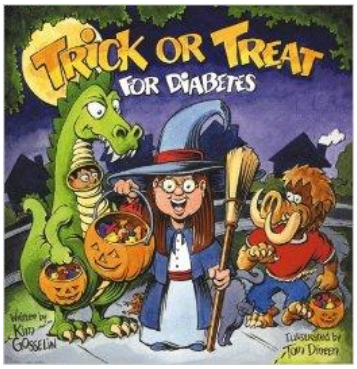
Another idea is to prepare Halloween activities that do not revolve around sweets for your child. Some activities can include:

- Playing Halloween games such as "pumpkin, pumpkin, jack-o-lantern" (a variation or "duck, duck, goose"
- Working on arts and crafts projects
- Making a special Halloween snack together

Alternative Halloween Snack ideas:

-Roasted pumpkin seeds (fresh from your jack-o-lantern)
-Apples for bobbing
-Frozen grapes (which can double as "eyeballs: for a spooky snack)
-Popcorn

***More fun ideas at spoonful.com/type1**



Candy equal to about 15 grams of carbohydrate:

One fun-size chocolate bar

11 candy corns

4 Starbursts

One-half stick Twix

2 sticks Kit Kat

30 Reese's Pieces

1/2 pack of M&Ms, plain or peanut

1 piece of Fruit-by-the-Foot

6 Hi-C gummy fruits

5 LifeSaver Gummy Savers

3 Twizzlers

3 Tootsie Rolls (small)

6 Junior Mints

16 Good & Plenty's

15 Skittles

9 Sweet tarts

2 Jolly Ranchers

1 Tootsie Pop

Lisa Ameer, MS, RD, CDE