

Treats for Halloween

Some types of candies are low in potassium and phosphorus which are “okay” for people with kidney failure to eat.

Snack size portions and chocolate covered candies without nuts are best.

If you have diabetes – check for “sugar free” items or make sure these items fit in your meal pattern for the day.

HARD CANDIES

Life Savers™, candy canes, lemon drops, butterscotch, Werther Originals™, Lollipops, cinnamon balls, sour balls, rootbeer barrels

GUMMY CANDIES

Dots™, Jujubees™, Gummi bears/worms, jelly beans, spearmint leaves

MARSHMALLOW CANDIES

Halloween pumpkins
Rice Krispies™ Treats
Marshmallow Crème Harvest Mix

CHEWY CANDIES

Tootsie Roll™, Bit-O-Honey™, chewing gum, bubble gum, Starburst™ Fruit chews, Charleston chews™, taffy

CHOCOLATE COATED CANDIES

Mints: Junior Mints™, York Peppermint Patty™, Thin Mints, 3 Musketeers™, Skor Toffee Bars™

Candy To Avoid

Lots of candies are high in potassium and phosphorus. Many are made with solid chocolate, nuts, peanuts, peanut butter, coconut, and dried fruit

You should avoid eating these candies to ensure your potassium and phosphorus levels are not increased.

SOME EXAMPLES:

5th Avenue Bar™
Almond Joy™
Baby Ruth™
Butterfinger™
Cadbury™ chocolate bars
Chocolate coated nuts, raisins, pretzels, caramel
Heath™ bar
Hershey™ chocolate bars or kisses
Kit Kat™
M&M's™
Milky Way™
Mounds™
Nestle™ chocolate bars
Oh Henry!™ Bar
Peanut Brittle or peanut chews
Pralines
Reese's™ peanut butter cups
Rolo™ caramels
Snickers™
Twix™
Yogurt Covered raisins, nuts or pretzels

(Thanks to Renal Dietitians Dietetic Practice Group for the tricks and treats)

Clinic Stamp