

HALLOWEEN

Tricks or Treats: For People with Kidney Failure



Treats to enjoy

These treats are low in potassium & phosphorus. Chocolate-coated candies without nuts, coconut, peanuts, peanut butter, or raisins can be eaten in small amounts (1 ounce or smaller) **The “snack size” portions are just right!**

BE CAREFUL IF YOU HAVE DIABETES with these special seasonal foods, try the sugar-free versions or substitute small amounts of these carbohydrate-rich treats for a fruit or starch.

HARD CANDIES

Sour balls	LifeSavers™	Lollipops
Candy canes	Rootbeer Barrels	Charms
Lemon drops	butterscotch	
Werther Originals™		
Cinnamon balls or discs		

GUMMY CANDIES

Dots™	Jujubees™	Gummi bears/worms
Spice drops	Cherry Nibs™	Juicyfruit™
Jellybeans	Spearmint leaves	

MARSHMALLOW CANDIES

Halloween pumpkins
Marshmallow crème Harvest Mix
Marshmallows Rice Krispies Treats

CHEWY CANDIES

Tootsie Roll™	chewing gum, bubble gum
Bit-O-Honey™	Starburst™ fruit chews
Turkish Taffy	Charleston Chews™

CHOCOLATE-COATED CANDIES

Mints: Junior Mints™, York Peppermint Patty™, or Thin Mints
Chocolate coffee fondant
3 Musketeers™ Skor Toffee™ bars

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Tricks to avoid

Candies may be high in potassium & phosphorus. They may be made with solid chocolate, nuts, peanuts, peanut butter, caramel, coconut, or dried fruit.

EXAMPLES:

5th Avenue™ bar
Almond Joy™
Baby Ruth™
Butterfinger™
Cadbury chocolate bars
Chocolate Turtles
Chocolate coated nuts, raisins, pretzels, caramel
Heath™ bar
Hershey™ chocolate bars
Hershey™ kisses
Jordan almonds
Kit Kat™
M&M's™
Milky Way™
Mounds™
Nestle chocolate bars
Oh Henry!™ Bar
Peanut brittle, Peanut chews
Pearson's Nips™ candies
Pralines
Reeses's peanut butter
Rolo™ caramels
Sesame crunch, Halvah
Snickers™
Snowcaps™
Twix™
Yogurt covered nuts, raisins, or pretzels

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