



How Does Your Favorite Snack Stack Up to a Tastee Caramel Apple?

Snack	Size	Calories	Total Saturated Fat in Grams	Dietary Fiber	Cholesterol in MG	Sodium in MG	Protein in Grams	Vitamin C
Tastee Caramel Apple	3-Ounce Serving	160	0	5	0	30	4	8%
Chocolate Cookies	3.53 oz.	455	9	1		630	5	0
Chocolate Candy Bar	2.58 oz - 1 bar	369	22	2	20	60	6	0
Chocolate Ice Cream Cone	147 g.-1 order (5.16 oz.)	319	9	1	88	123	6	0
Donut	75 g. - 1 large (2.65 oz.)	299	4	2	23	290	5	0
Apple Pie Slice	1/8 of 9" diam. 125 g. (4.41 oz.)	296	5	2	0	332	2	0
Yellow Cake Slice (w/chocolate frosting)	1/8 of 18 oz. cake - 64 g. (2.26 oz.)	243	3	1	35	216	2	0
Nutrition Energy Bar (w/Yogurt, Honey, Peanut Butter)	50 oz. - 1 bar	200	3	1	0	170	15	0
Candy Corn	43 g. - 20 pcs. (1.52 oz.)	150	0	0	0	76	0	0
Rice Cereal Treat	1.06 oz. -- 3/4 C	120	0.3	0.1	0	189	1	0
Fudge	17 g -- 1 piece (0.6 oz.)	70	1	0	2	8	0	0
Hard Candy Sucker	0.53 oz. -- 1 sucker	60	0	0	0	0	0	0
Jelly Beans	0.4 oz. -- 10 small pieces	41	0	0	0	6	0	0
Hard Candy	0.21 oz. -- 1 piece	24	0	0	0	2	0	0

Plus, Tastee Apples are gluten-free, kosher and have antioxidant phytonutrients, complex carbohydrates and boron for energy!

Does your favorite treat offer all that healthy, nutrition?

For more information, visit <http://www.tasteeapple.com>