1/2 cup kidney beans

Excellent source of fiber, folate, and magnesium

100 calories

A Better Choice!

1/8 cup jelly beans

No vitamins/minerals, 20g of added sugar
10 dates

No added sugar! Excellent source of fiber and good source of potassium

200 calories

A Better Choice!

1 toasted pastry, berry, frosted

5 g fat, 18 g added sugar
45 medium baby carrots

160 calories

A Better Choice!

High in sodium, fat, and saturated fat

2 pieces beef jerky
How Do Fruits & Veggies Measure Up?

12 oz 100% orange juice

No added sugar. Excellent source of vitamin C and potassium

160 calories

A Better Choice!

12 oz orange soda

No vitamins/minerals. 48g added sugar
How Do Fruits & Veggies Measure Up?

4 cups frozen broccoli & cauliflower

Excellent source of fiber, vitamins B1, B2, B3, B6, C and K, folate, potassium, calcium, & iron

125 calories

A Better Choice!

1/4 cup hard, full-fat ice cream

High in fat, saturated fat, and cholesterol