

Value vs. Junk Food

For \$2.20 a day you can get all of the nutritional value of these fruits, vegetables, grains & berries!
 You benefit from the **phytonutrients, antioxidants and vitamins** of a full, fresh serving of these nutrient rich
 and colorful **WHOLE FOODS!!**

Juice Plus+ nutritional information:

	Orchard	Garden	Vineyard	Total
	5	5	5	= 15
Calories.....	5	5	5	= 15 calories
Fat.....	0g	0g	0g	= 0 grams
Carbs.....	1g	1g	1g	= 3 grams
Sodium.....	5mg	10mg	1mg	= 16 mg
Vitamin A.....	110%	140%	---	= 250 %
Vitamin E.....	70%	80%	210%	= 360 %
Vitamin C.....	320%	70%	70%	= 460 %
Folate.....	35%	70%	90%	= 195 %

Let's see what else you can get for about the same \$2.20 in the form of snacks, meals and treats.....

<p>20 oz. Pepsi, Doritos & Snickers \$2.40</p> <p>Calories.....250.....140.....280.....= 670 calories Fat.....0g.....7g.....14g.....= 21 grams Carbs.....68g.....17g.....35g.....= 120 grams Sodium.....60mg.....200mg.....140mg.....= 400 mg Vitamin A.....0.....0.....0.....= 0% Vitamin E.....0.....4%.....0.....= 4% Vitamin C.....0.....0.....0.....= 0% Folate.....0.....0.....0.....= 0%</p>	<p>Krispie Kreme Donut & small coffee \$2.38</p> <p>Calories.....350.....0.....= 350 calories Fat.....20g.....0.....= 20 grams Carbs.....38g.....0.....= 38 grams Sodium.....140mg.....0.....= 140 mg Vitamin A.....0.....0.....= 0% Vitamin E.....0.....0.....= 0% Vitamin C......2.....0.....= 2% Folate.....0.....0.....= 0%</p>
<p>BK: Whopper Junior & Small Fries \$2.43</p> <p>Calories.....370.....230.....= 600 calories Fat.....21g.....13g.....= 34 grams Carbs.....31g.....26g.....= 57 grams Sodium.....560mg.....380mg.....= 940 mg Vitamin A.....4%.....0%.....= 4 % Vitamin E.....0%.....6%.....= 6 % Vitamin C.....6%.....0%.....= 6 % Folate.....0%.....0%.....= 0 %</p>	<p>McDonald's 6 Piece Chicken Nuggets \$2.33</p> <p>Calories.....250 calories Fat.....15 grams Carbs.....28 grams Sodium.....670 mg Vitamin A.....2% Vitamin E.....0% Vitamin C.....2% Folate.....0%</p>
<p>Taco Bell Beef Fiesta Burrito \$2.33</p> <p>Calories.....390 calories Fat.....14 grams Carbs.....51 grams Sodium.....1210 mg Vitamin A.....8 % Vitamin E.....0 % Vitamin C.....6 % Folate.....0 %</p>	<p>Dairy Queen Medium Chocolate Sundae \$2.33</p> <p>Calories.....400 calories Fat.....10 grams Carbs.....71 grams Sodium.....210 mg Vitamin A.....2 % Vitamin E.....0 % Vitamin C.....0 % Folate.....0 %</p>

Do the math, look at the nutritional **value for your dollar** and decide to re-direct your money towards your body's health and wellness. Remember what your Grandparents said:

"An ounce of prevention is worth a pound of cure!"

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