

NUTRITIONAL BACKGROUNDER: APPLES VS. PROCESSED FOODS CALORIE COMPARISON: UNDERSTANDING VALUE PER CALORIE

A medium apple contains approximately 95 calories and delivers substantial nutritional benefits. When comparing foods on a calorie-equivalent basis (about 100 calories), consider what you're getting in each option:

100 CALORIES EQUALS:

- **1 Medium Apple** (complete nutritional package)
- 13 French Fries
- 2 Chicken Nuggets
- 2 Cookies
- 8 Chips
- ½ Frosted Toaster Pastry
- 8 oz Soda
- 1 Marshmallow Crispy Rice Treat
- 1 Frozen Waffle

NUTRITIONAL ADVANTAGES OF A MEDIUM APPLE

Beyond simple calorie counting, apples deliver significant nutritional value aligned with USDA Recommended Dietary Allowance (RDA):

KEY NUTRIENTS IN ONE MEDIUM APPLE:

NUTRIENT	WOMEN (19-50 YEARS)	MEN (31-50 YEARS)
VITAMIN C	12% of RDA	10% of RDA
FIBER	16% of RDA	13% of RDA
IRON	6% of RDA	13% of RDA
RIBOFLAVIN	6% of RDA	5% of RDA
POTASSIUM	4% of RDA	3% of RDA



MAKING SMARTER SNACK CHOICES

Snacks matter! Not only do you get more food volume with an apple, but you're also consuming essential nutrients your body needs. Each apple provides a complete package of vitamin C, fiber, healthy carbohydrates, iron, riboflavin, and potassium.

Choosing to snack on an apple can significantly improve overall diet quality while satisfying hunger with fewer empty calories.

Source: USApple Association, based on USDA nutritional data