

## ViSalus Nutra-Cookie™ Snack Comparison

	ViSalus Nutra-Cookie™	Chocolate Chip Cookie (large)	Medium Apple	Sun Chips (1 oz)
<b>Calories</b>	150	280	95	140
<b>Protein</b>	9 g	4 g	.05 g	2 g
<b>Fat</b>	6 g	12 g	0.1 g	6 g
<b>Carbohydrates</b>	19 g	40 g	25.1 g	20 g
<b>Sodium</b>	120 mg	220 mg	2 mg	160 mg
<b>Fiber</b>	5 g	1 g	4.4 g	2 g
<b>Antioxidants</b>	Yes	No	Some	No
<b>Immune Support</b>	Yes	No	No	No
<b>Prebiotic</b>	Yes	No	No	No
<b>Calcium</b> (equal to 1 cup milk)	1½ c	None	⅓ c	None