1 can of caffeinated cola

Nutrition Facts

Serving Size 1 can 12 fl oz 368g (368 g)

Amount Per Serving	
Calories 136	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 35g	12%
Dietary Fiber 0g	0%
Sugars 33g	
Protein 0g	

Vitamin A	0%	• Vitamin C	0%
Calcium	1%	• Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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1 large apple with skin on

Nutrition Facts

Serving Size 1 large 3-1/4" dia 223g (223) T

Amount Per Serving

Calories 116 Calories from Fat 3

	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	21%
Sugars 23g	
Protein 1g	

Vitamin A	2%	• Vitamin C	17%
Calcium	1%	• Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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