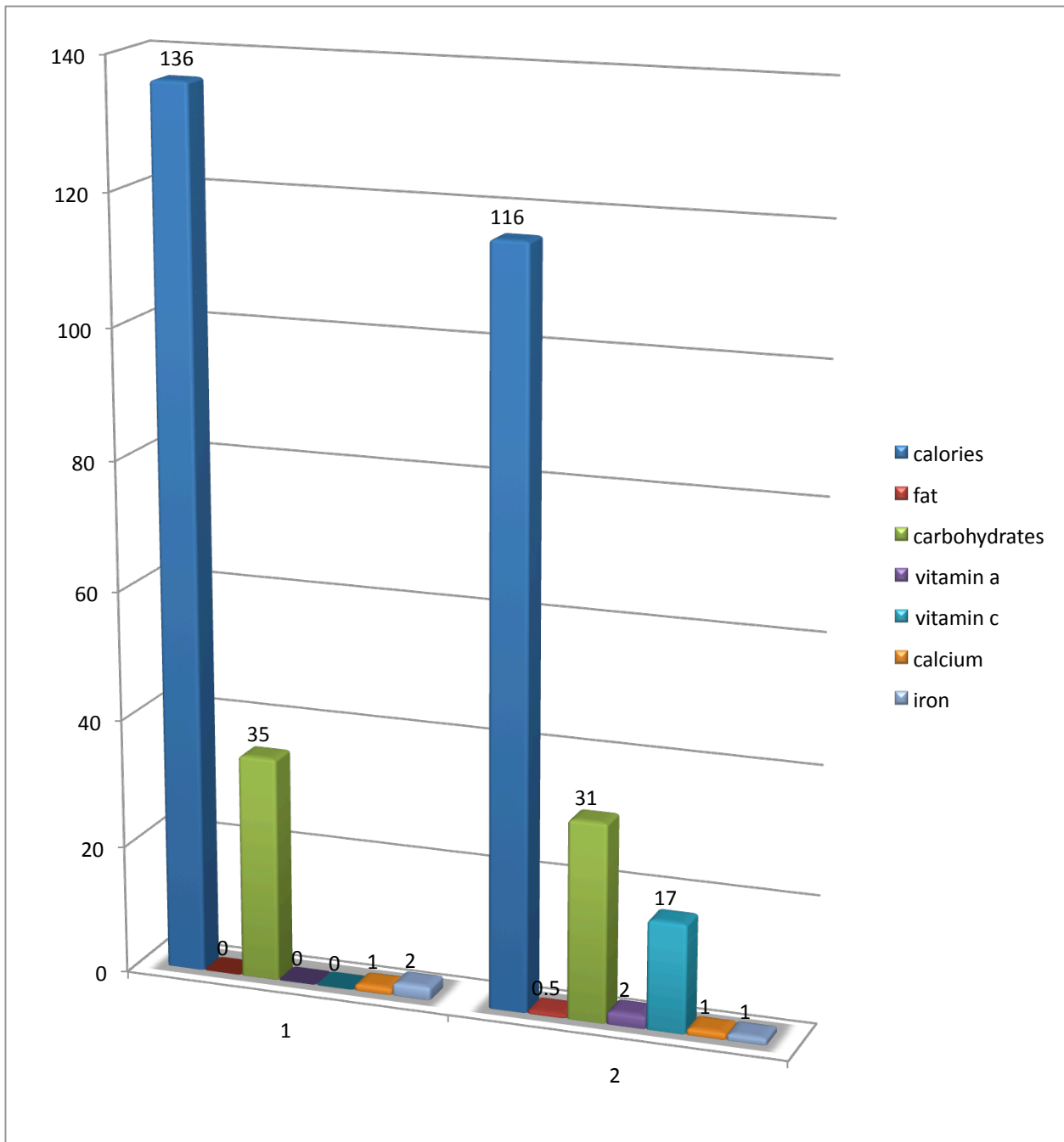


Comparison of Cola (1) vs. Apple (2)



The soda has more calories and more carbohydrates but little else, while the apple has less calories, almost the same amount of carbohydrates, vitamins and minerals. The apple is clearly the better, nutritionally denser choice.