











Chocolate - Comparison Chart

	 Peppermint Pattie	 Peppermint Pattie	 Peanuts/Caramel	 Peanuts/Caramel	 Peanut Butter	 Peanut Butter	 Plain	 Plain	 Coconut Dark	 Coconut Dark
	1.4 oz	1.4 oz	1.75 oz	1.75 oz	2oz	2 oz	1.19 oz	1.19 oz	1.75 oz	1.75 oz
Calories	160	150	239	200	232	310	142	160	240	240
Total Fat	3 g	4 g	12 g	12 g	17 g	21 g	7 g	7 g	13 g	11 g
Sat Fat	1.5 g	2 g	4.5 g	4 g	6 g	12 g	4 g	4.5 g	10 g	7 g
Trans-Fat	not listed	0 g	not listed	0 g	not listed	0 g	not listed	0 g	not listed	0 mg
Cholesterol	0 g	0 g	4 mg	9 mg	< 7 mg	10 mg	3 mg	5 mg	0 mg	0 mg
Sodium	10 mg	5 mg	111 mg	36 mg	173 mg	60 mg	21 mg	40 mg	70 mg	45 mg
Total Carbs	32 g	29 g	30 g	21 g	31 g	30 g	24 g	23 g	29 g	32 g
Dietary Fiber	<1 g	0 g	1 g	1 g	1 g	1 g	0.71 g	1 g	2 g	3 g
Sugars	25 g	27 g	26 g	8 g	27 g	28 g	22 g	22 g	23 g	21 g
Protein	<1 g	0 g	3.5 g	5 g	5 g	4 g	1.4 g	2 g	2 g	2 g
	<i>Ingredient Comparison</i>		<i>Ingredient Comparison</i>		<i>Ingredient Comparison</i>		<i>Ingredient Comparison</i>		<i>Ingredient Comparison</i>	
	York® Peppermint Pattie Sugar, Semi-Sweet Chocolate (Sugar, Lactose, Cocoa, Cocoa Butter, Milk Fat, Soya Lecithin and PGPR [emulsifiers], Vanillin [artificial flavoring]); Corn Syrup; Invert Sugar; Egg Whites; Oil of Peppermint.		Snickers® Bar Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Lactose, Skim Milk, Milk Fat, Soy Lecithin, Artificial Flavor), Peanuts, Corn Syrup, Sugar, Skim Milk, Butter, Milk Fat, Partially Hydrogenated Soybean Oil, Lactose, Salt, Egg Whites, Artificial Flavor.		Reese's® Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milkfat, Lactose and Soya Lecithin and PGPR, [emulsifiers]), Peanuts, Sugar, Dextrose, Salt, and TBHQ (preservative).		M&M's® Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Skim Milk, Milkfat, Lactose, Soy Lecithin, Salt, Artificial Flavors), Sugar, Cornstarch, Less Than 1 %: Corn Syrup, Gum Acacia, Coloring (includes Red 40 Lake, Yellow 6, Yellow 5, Blue 2 Lake, Red 40, Blue 1 Lake, Blue 1, Blue 2, Yellow 5 Lake, Yellow 6 Lake), Dextrin.		Mounds® Corn Syrup, Semi-Sweet Chocolate (Sugar, Cocoa, Milk Fat, Cocoa Butter, and Soya Lecithin and PGPR [emulsifiers]), Coconut, Sugar, Salt, Natural and Artificial Flavor, Egg Whites, Sodium Metabisulfite, and Sulfur Dioxide.	
	Cloud Nine® Peppermint Pattie Dark Chocolate (Dried Cane Juice, Unsulphured Molasses, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin [emulsifier], Pure Vanilla Extract), Butter, Egg Albumen, Sucrovert, Natural Peppermint Oil.		Cloud Nine® Peanut Caramel Bar Rice Syrup, Peanuts, Whole Grain Malted Barley and Corn, Unsweetened Chocolate, Evaporated Milk, Honey, Whole Milk Powder, Cocoa Butter, Butter, Sesame Seeds, Soy Lecithin (emulsifier), Pure Vanilla Extract.		Cloud Nine® Peanut Butter Filled Evaporated Cane Juice, Unsulphured Molasses, Whole Milk Powder, Chocolate Liquor (nonalcohol), Soy Lecithin (emulsifier), Pure Natural Vanilla, Maranatha™ Natural Peanut Butter, (Dry Roasted Peanuts), Palm Oil, Salt.		Sundrops® Center: Dried Cane Juice, Unsulphured Molasses, Whole Milk Powder, Cocoa Butter, Unsweetened Chocolate, Soy Lecithin (emulsifier), Pure Natural Vanilla. Shell: Turbinado Sugar, Whole Rice Solids, Natural Color Added (Including Beet Juice, Beta Carotene and Caramel), Vegetable and Bee's Wax, Pure Food Glaze (does not contain sugar).		Cloud Nine® Coconut Dark Chocolate (Evaporated Cane Juice, Salt, Unsulphured Molasses, Cocoa Butter, Chocolate Liquor, (nonalcohol), Soy Lecithin [emulsifier], Pure Natural Vanilla, White Rice Syrup, Dried Unsweetened Coconut.	

The FDA, citing extensive scientific evidence, has recently announced that:

"Trans-fat, like saturated fat and dietary cholesterol, raises the LDL cholesterol that increases your risk for Coronary Heart Disease.**"

Trans-fats are produced during oil hydrogenation. All products containing "hydrogenated oils," whether fully or partially hydrogenated, contain trans-fat.

While the FDA's trans-fat nutritional labeling regulation will not go into effect until 2006,

Cloud Nine candy bars do not have, nor will they ever have, any trans-fat.

*From "Revealing Trans Fats". www.fda.gov/fdac/features/2003/503_fats.html

