

RAINBOW FRUIT BELTS

INSPO : RAINBOW AIRHEAD XTREME STRIPS



Why Teens Should Eat Rainbow Fruit Belts Instead

ORIGINAL CANDY :

In the original Airhead Xtreme Strips , they have many lipids that can cause high cholesterol and clogged arteries . Since the candy contains so much sugar , it suppresses your hunger after you eat them so it makes you hungrier and may lead you to eating more which increases your chance of a high LDL as it increases and increases the more you eat them. This can cause difficulty in having enough blood flow through your arteries and that can cause a clot to form which can lead to a heart attack or a stroke.

ALTERNATE CANDY :

With this alternative candy , Rainbow Fruit Belts , it contains healthier alternatives for the ingredients that don't contain as much lipids and carbs that can lead to high LDL and health problems . This alternative , doesn't have enough protein because the sugar in it overpowers it , but with our alternative the protein will just be the right amount to where it is healthy and low in carbs and fatty acids .

INGREDIENTS:

ORIGINAL CANDY :

Corn Syrup , Sugar ,High Fructose Corn Syrup ,Wheat Flour , Corn Starch , Modified Potato Starch ,Water , Malic Acid ,Citric Acid ,Glycerine ,Artificial Flavors , Potassium Citrate ,Hydrogenated Soybean Oil , Salt ,and artificial colors .

ALTERNATE CANDY :

Stevia (alternative for sugar), Organic light corn syrup (alternative for corn syrup),Sweet Freedom Fruit Syrup.(alternative for HFCS),Coconut Flour (alternative to wheat flour). Arrowroot (alternative for cornstarch and potato starch).Water ,Malic Acid ,Tartaric Acid((alternative for citric acid), Vegetable Oil (alternative for glycerin),Real Fruit Flavors (alternative for artificial flavors),Lemon Juice (alternative for potassium citrate) , Soybean Oil ,Lemon Juice (salt alternative)

Proteins

ORIGINAL CANDY :

- Contains 1 g of protein per 2 oz. package
- 1.8% of the Airheads Extreme is protein
- The high sugar in candies makes the protein percentage less. The more sugar a candy has the less nutrient value the candy has this makes it suppress your hunger for a while then makes you 10x hungrier than before.

ALTERNATE CANDY :

- Our healthier alternative.....
- The recommended amount of protein in a candy is 10-15 grams
- The increase in protein will be a huge increase from the original making it a healthier option or alternative
- One 2 oz. package of Airheds Extreme will now have the equivalent amount of protein as 200 grams of yoghurt or a handful of nuts or seeds.
- The way we plan to incorporate this amount of protein is by adding in protein liquids or powders which can be added into anything including the Airhead Extremes.

Carbohydrates

ORIGINAL CANDY :

- Contains a Total of 52g of Carbohydrates
- Candy is a total of 92.2% of the carbohydrates
- 17%

ALTERNATE CANDY :

- The Alt. Candy will be healthier in many ways:
- Small bag- (1 ounce) 38g of carbohydrates.
- 4 piece servings (157 calories) and 45 g of carbohydrates.
- Larger bag (160 Calories) 48g of carbohydrates
- The candy will be 90% healthier than the original candy with only a tiny bit of added sugar!
- Low Carbohydrates can emphasize a lower risk of type 2 diabetes
- Low carb diet can help maintain weight loss
- Less carbs can reduce the risk of heart disease

Carbohydrates pt.2

- What can too much carbohydrates do to your body?
- Having too much carbs in your system can increase your blood sugar levels and this can cause your body to produce more insulin, which sends the signal to your cells to save the extra as a glucose fat.
- If you're already carrying weight having too much carbs can lead to diabetes and other health related issues
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- Our alternative candy is 100% more healthier because..
- Recommended carbs is 45-65%
- Example: if you get 2,000 calories a day between 900 and 1,300 calories should be carbohydrates.
- Our candy has the perfect amount of carbs per container.

Lipids

ORIGINAL CANDY :

- Contains 2% total fat (2oz package)
- 6.0% of Airheads Xtremes is lipids/fats .
- 11.2 grams of fat in a 15oz package .
- With all the fat in the Airhead Xtreme Strips can cause clogged arteries because of all the built of saturated fat in the product .Too much of this can raise your LDL which is bad cholesterol and if it gets too high it can make you at risk for heart disease and the future of a stroke .

ALTERNATE CANDY :

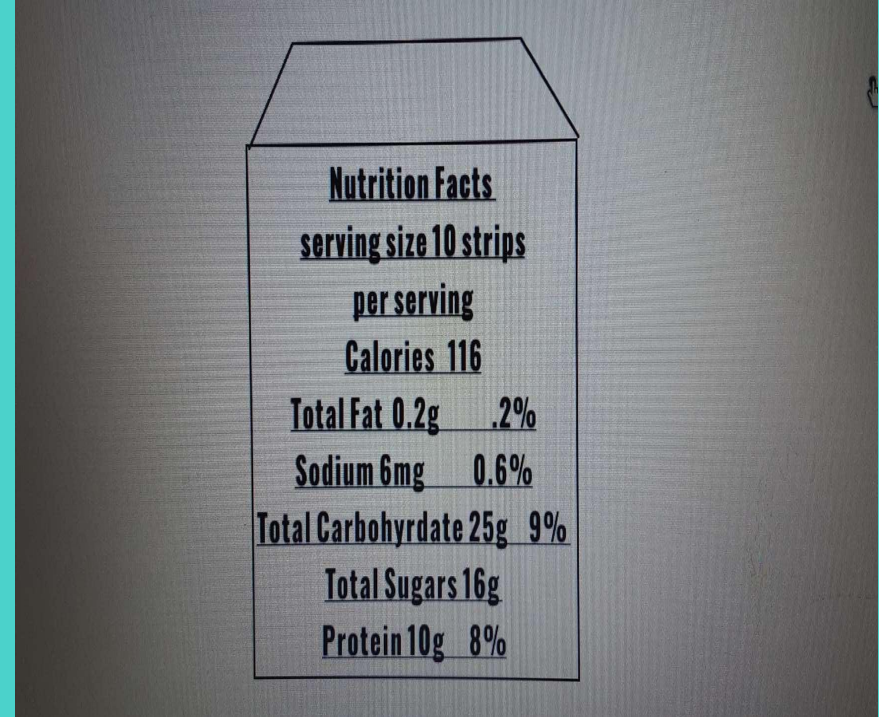
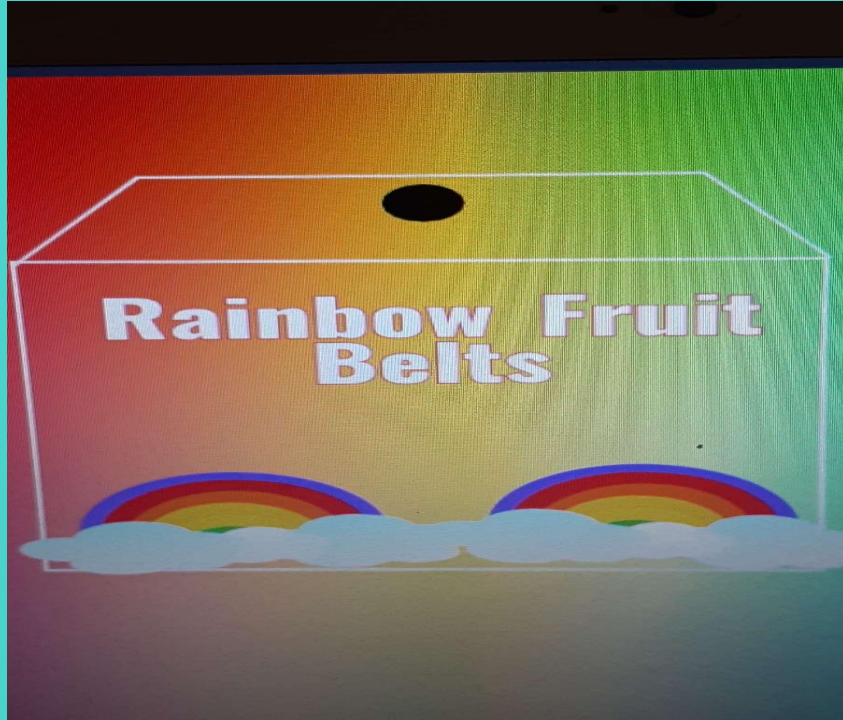
- Contains 0.5% total fat (2ozpackage)
- 3.5% lipids in Rainbow Fruit Belts
- 8.4 grams of fat/lipids in a 15 oz package

With this healthy alternative , we would be making this product with real fruits instead of artificial fruits . We will use less fatty acids and less sugar that the original candy contains . With the alternative candy , the less lipids it contains the more people would be able to enjoy them without the worry of clogged arteries and a high LDL . With this more healthy alternative people can enjoy a larger quantity without consuming an insanely large amount of fatty acids and lipids .

PACKAGING:ORIGINAL CANDY :



PACKAGING:ALTERNATE CANDY :



PRODUCT :

ORIGINAL CANDY :



ALTERNATE CANDY :



SOURCES:

<https://www.calorieking.com/us/en/foods/f/calories-in-candy-xtremes-sweetly-sour-candy-belts-average-all-flavors/ko2czOrlR3quPOemutvydw>

<https://www.eatthismuch.com/food/nutrition/airhead-xtremes-candy,116846/>

[Airheads Xtremes Bites, Rainbow Berry Sweetly Sour Candy ...](#)

<https://www.heb.com> › product-detail › airheads-xtremes-...