

## Fruit and Vegetable Label

### Orange Juice

100% Pure Orange Juice

Nutrition Facts			
Serving Size (fl oz)		8	
Servings Per Container		1	
Amount Per Serving			
<b>Calories</b>		110	
		% Daily Value*	
<b>Total Fat</b> (g)	0		<b>0%</b>
<b>Sodium</b> (mg)	0		<b>0%</b>
<b>Potassium</b> (mg)	450		<b>13%</b>
<b>Total Carb</b> (g)	26		<b>9%</b>
<b>Sugars</b> (g)	22		
<b>Protein</b> (g)	2		
<b>Vitamin C</b>	<b>120%</b>	<b>Calcium</b>	<b>2%</b>
<b>Thiamin</b>	<b>10%</b>	<b>Vitamin B6</b>	<b>6%</b>
<b>Niacin</b>	<b>4%</b>	<b>Magnesium</b>	<b>6%</b>
<b>Folate</b>	<b>15%</b>		
Not a significant source of saturated fat, cholesterol, dietary fiber, Vitamin A and Iron.			
<b>Ingredients:</b> 100% PURE SQUEEZED PASTEURIZED ORANGE JUICE			
*Percent Daily Values are based on a 2,000 calorie diet.			

### Common Fruit Drink

Contains 10% Juice

Nutrition Facts			
Serving Size (fl oz)		8	
Servings Per Container		2	
Amount Per Serving			
<b>Calories</b>		120	
		% Daily Value*	
<b>Total Fat</b> (g)	0		<b>0%</b>
<b>Sodium</b> (mg)	190		<b>8%</b>
<b>Potassium</b> (mg)	0		<b>0%</b>
<b>Total Carb</b> (g)	29		<b>10%</b>
<b>Sugars</b> (g)	29		
<b>Protein</b> (g)	0		
<b>vitamin C (%)</b>	<b>100%</b>		
<b>Thiamin</b>	<b>15%</b>		
<b>Ingredients:</b> WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (ORANGE, TANGERINE, APPLE, LIME, GRAPEFRUIT), CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, XANTHAN GUM, SODIUM HEXAMETAPHOSPHATE, SODIUM BENZOATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6.			
*Percent Daily Values are based on a 2,000 calorie diet.			

**Make sure it's 100% fruit juice.  
Check the label!**

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