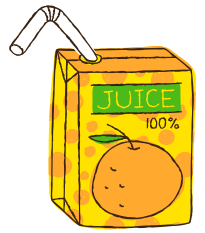


# JUICE WISELY



"Juice" is any liquid, puree, or concentrate made from the edible portion of a fruit or vegetable. Not all juices are created equal! When choosing a juice, nutrition labels are a great place to start.



Even 100% juice contains sugars that can lead to tooth decay. Watch for additional added sugars.

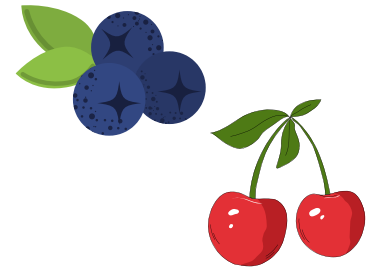
Juices fortified with vitamins and minerals are great, but avoid juices with added acids, gums, and dyes.

100% ORANGE JUICE	
Nutrition Facts	
Size of Container 64 fl oz	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	
Sodium 0mg	0%
Potassium 450mg	13%
Total Carb. 26g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 2g	
Vitamin C 120%	Calcium 35%
Vitamin D 25%	Thamine 10%
Niacin 4%	Folic Acid 15%

Not a significant source of Vitamin A, Iron, and Folic Acid.  
\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: PASTEURIZED ORANGE JUICE FROM USA, TRICALCIUM PHOSPHATE\*, CALCIUM LACTATE\*, AND VITAMIN D\*.  
\*INGREDIENT NOT FOUND IN REGULAR ORANGE JUICE.

Look for products containing 100% juice. Some "juices" only contain 5% of real juice!



Check to make sure the first ingredient is juice, NOT high fructose corn syrup.

## TIPS

1. DRINK-DON'T SIP: Limit juice consumption to a set time period (e.g. 15 minutes instead of sipping all day).
2. SWAP fruit juices for entirely sugar-free options (e.g. flavored water, sparkling water, etc.)
3. READ the nutrition label to decide if the product is truly healthy and low sugar. Look past marketing and packaging.

for more info, visit: <https://www.who.int/news-room/fact-sheets/detail/sugars-and-dental-carries>