



# 100% FRUIT JUICE 4.4 FLUID-OUNCE PORTION

## Nutrition Facts

- 100% Fruit Juice
- No Added Sweetener
- Half-Cup Fruit on School Lunch Menu
- Smart Snacks Compliant
- No Red Dyes

|                           |                              |                 |      |
|---------------------------|------------------------------|-----------------|------|
| Serving Size              | 4.4 fl. oz. (127 g) (130 ml) |                 |      |
| Servings Per Container    | one                          |                 |      |
| <b>Amount Per Serving</b> |                              |                 |      |
| Calories                  | 80                           |                 |      |
| Calories from Fat         | 0                            |                 |      |
|                           |                              | % Daily Value * |      |
| Total Fat                 | 0g                           |                 | 0%   |
| Saturated Fat             | 0g                           |                 | 0%   |
| Trans Fat                 | 0g                           |                 |      |
| Cholesterol               | 0mg                          |                 | 0%   |
| Sodium                    | 45mg                         |                 | 2%   |
| Total Carbohydrate        | 20g                          |                 | 7%   |
| Dietary Fiber             | 0g                           |                 | 0%   |
| Sugars                    | 19g**                        |                 |      |
| Protein                   | 0g                           |                 |      |
|                           | Vitamin A                    |                 | 20%  |
|                           | Vitamin C                    |                 | 100% |
|                           | Vitamin D                    |                 | 20%  |
|                           | Calcium                      |                 | 8%   |
|                           | Iron                         |                 | 2%   |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories  | 2,000    | 2,500   |
|--------------------|-----------|----------|---------|
| Total Fat          | Less than | 65g      | 80g     |
| Sat Fat            | Less than | 20g      | 25g     |
| Cholesterol        | Less than | 300mg    | 300mg   |
| Sodium             | Less than | 2,400 mg | 2,400mg |
| Total Carbohydrate |           | 300g     | 375g    |
| Dietary Fiber      |           | 25g      | 30g     |

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

\*\*Sugars are those naturally occurring in the fruit juices.

**100% Fruit Juice** - 4 fl. oz. (1/2 cup)

SideKicks are 4 fl. oz. of juice before freezing. When frozen, the juice expands to 4.4 fl. oz., as shown on the lid labels.