

Although water is best, you can be hydrated from other drinks like juice...always look for 100% fruit juice!



Fruit juice is only healthy in moderation, because...look at that sugar content!



100% Juice

## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container about 11

Amount Per Serving

Calories 110    Calories from Fat 0

% Daily Value\*

Total Fat 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 0mg    0%

Potassium 450mg    13%

Total Carbohydrate 26g    9%

Sugars 22g

Protein 2g

Vitamin C 130% • Calcium 35%

Vitamin D 25% • Thiamin 10%

Riboflavin 4% • Niacin 4%

Vitamin B<sub>6</sub> 6% • Folic Acid 15%

Magnesium 6%