



# 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.