














# How to choose fruit juice

Nutrition Information per cup (250ml)

## FRUIT OR VEGETABLE JUICE

		% Juice or Fruit	Pack size	Price \$ *	Price per cup (250ml)	Energy kJ	-sugars g	Sodium mg	Ingredients (Remember, ingredients listed in order of highest % to lowest)
Golden Circle Breakfast juice		100%	1L	\$2.30 1	\$0.58	500	24	25	Reconstituted fruit juices (orange (55.8%) pineapple (22%) apple (20%) passionfruit (1%) banana purée (1%), flavour, vegetable gum (pectin), vitamin C(300)
Just Juice Plus Mandarin, apricot & papaya with apple base (vitamins A,C & E)		100%	1L	\$2.69 2	\$0.67	438	25	5.8	Reconstituted fruit juice (apple (87%), mandarin (6.4%), apricot (4%), papaya (1.6%), mango (1%), flavour, vitamin C (ascorbic acid), vitamin A (beta carotene), vitamin E
Charlie's Honest pressed apple & blackcurrant juice		100%	1L	\$3.07 1	\$0.77	483	29.5	10	Pressed apple (96%), blackcurrant (4%) juice
Sunsweet Prune juice		100%	946ml	\$5.58 2	\$1.47	765	17.5	37.5	100% prune juice
Keri Original tomato juice		98%	1L	\$1.69 1	\$0.42	298	8.3	195	Tomato juice from concentrate (98%), sugar, salt, food acid (330), preservatives (211,202), vitamin C (300)
V8 Vegetable juice original		97%	1.48L	\$5.65 1	\$0.95	188	3.25	618	Vegetable juice (reconstituted tomato juice (84%) carrots (7%) celery (4.5%) blend (1.9%) (beetroot, parsley, lettuce, watercress, spinach) salt, vitamin C, food acid (citric acid), spice extract, natural flavour

## FRUIT DRINK

Just Juice Splash Tropical with spring water		50%	3L	\$4.63 1	\$0.39	222	12.6	10	50% Reconstituted fruit juice (apple (33.6%) orange (13.5) pineapple(13.5%) mango (1%) passionfruit (0.6%)) flavour, vitamin C (ascorbic acid) 50% Spring water
Ocean Spray Ruby red grapefruit		30%	1.5L	\$3.99 1	\$0.67	209	11.8	27	Water, grapefruit juice, sugar, grapefruit juice pulp sacs, natural flavours, acidity regulators (citric acid, sodium citrate), vitamin C (ascorbic acid), colour (129)
Nekta Liquid kiwifruit rich in vitamin C		20%	2L	\$4.75 2	\$0.59	478	27.8	2	Water, NektaLite (20% kiwifruit purée concentrate), sugar, stabiliser (pectin), flavours, acidity regulator (citric acid), antioxidant (ascorbic acid), colour (102, 133)
McCoy Real cranberry drink		18%	1L	\$2.29 1	\$0.57	498	29.3	5	Water, reconstituted cranberry juice (18%), sugar, acidity regulator (citric acid), flavours, vitamin C (ascorbic acid).
Ribena Light Blackcurrant fruit drink		6.3%	2.4L	\$4.10 1	\$0.43	100	5.5	195	Water, blackcurrant juice (from concentrate) 6.3%, sucrose, food acid (330), preservative (202), flavouring, sweeteners (955,950), natural colour (163), antioxidant (300)
Thexton's Red grape fruit drink with vitamins A,C & E		5%	3L	\$4.55 2	\$0.38	196	11.3	12	Water, sugar, red grape juice from concentrate (5%), food acid (330), flavour, colours (150d, 122), vitamins (C,E,A), mineral salt (452).