Nutrition Facts

Serving size: 8 fl. Oz.

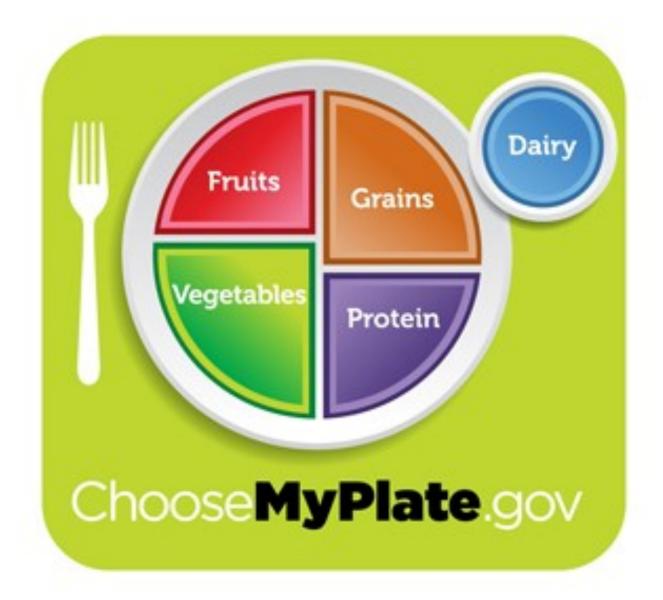
Servings per container: 2

Amount Per Serving

Calories		Calories from Fat
		% Daily Value*
Total Fat	g	%
Saturated Fat	g	%
Trans Fat	g	
Cholesterol	mg	%
Sodium	mg	%
Total carbohydrate	g	%
Dietary Fiber	g	%
Sugar	40 g	
Protein	g	
Vitamin A %	*	Vitamin C %
Calcium %	*	Iron %
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Water, High Fructose Corn Syrup, Grape and Pear Juices From Concentrate, other

(Other names for added sugars: Sugar, Brown Sugar, Honey, Molasses, Syrup, Malt Syrup, Lactose, Glucose, Dextrose, Maltose, Sucrose, Corn Sweetner)



Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- · Avoid oversized portions.

Foods to Increase

- · Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.