

# 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.