

	Calories	Sugars	Fiber	Potassium	Calcium	Vitamin A	Vitamin C	100% Juice?
Prune Juice	180	25 g	3 g	430 mg	2% DV	4% DV	0% DV	Yes
Pomegranate Juice	150	31 g	0 g	600 mg	2% DV	2% DV	2% DV	Yes
Grape Juice	140	36 g	0 g	140 mg	2% DV		120% DV*	Yes
Pineapple Juice	130	30 g	0 g	330 mg	4% DV	10% DV*	120% DV*	Yes
Apple Juice	120	30 g	0 g	290 mg	0% DV	0% DV	0% DV	Yes
Fruit Punch	120	24 g	0 g	240 mg			120% DV*	Yes
Cranberry Juice Cocktail	110	28 g	0 g	45 mg			100% DV*	No
Lemonade	110	27 g	0 g				4% DV	No
Orange Juice	110	22 g	0 g	450 mg			120% DV	Yes
White Grapefruit Juice	90	17 g	0 g	340 mg	2% DV		100% DV	Yes