



Welch's 100% Grape Juice with Fiber

On average, Americans are getting only half of the fiber they need each day.¹ One 8-oz. glass of Welch's 100% Grape Juice with Fiber provides a good source of fiber (10% daily value) to help support a healthy digestive system, and also:

- Counts as 2 servings (1 cup) of fruit and, as a complement to whole fruit, is an easy way to incorporate more purple fruit into your family's diet.
- Is made with no added sugar, color or flavor. It's 100% juice!
- Contains 100% daily value of the antioxidant vitamin C.

Nutrition Facts	
Serving Size: 8 FL.OZ. (240mL)	
Servings Per Container: 8	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 0g	0%
Sodium 15mg	1%
Potassium 140mg	3%
Total Carb 41g	13%
Dietary Fiber 3g	10%
Sugar 36g	**
Protein 1g	
Vitamin C	100%
Calcium	2%
Magnesium	6%
Manganese	20%
Not a significant source of fat cal, sat fat, trans fat, cholest, vitamin A, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

**CONTAINS NATURAL FRUIT SUGARS ONLY

Reference:

¹ Moshfegh A, Goldman J, Ahuja J, Rhodes D and LaComb R. 2005 What We Eat in America, NHANES 2003-2006: Usual Nutrient Intake From Foods as Compared to Dietary Reference Intakes. U.S. Department of Agriculture, Agricultural Research Service. http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0506/usual_nutrient_intake_dietary_fiber_2003-06.pdf Last Updated: Jul. 13, 2012. (Accessed: Sept. 25, 2012).

