



## WELCH'S 100% WHITE GRAPE JUICE MADE FROM NIAGARA GRAPES



- Welch's 100% White Grape Juice is made with juice from Niagara grapes, which are grown right here in North America by Welch's family-farmer owners. We're proud of our rich heritage which has ensured that only premium quality grapes go in to Welch's 100% White Grape Juice.
- Welch's 100% White Grape Juice is a great complement to whole fruits and is a delicious and convenient way to incorporate more fruit into the diet.
- Studies show that most people still need more fruits and vegetables in their diets, for overall health.<sup>1,2</sup>
  - An 8oz. glass of Welch's 100% White Grape Juice counts as 1 cup of fruit.
- The natural sweetness of Welch's 100% White Grape Juice comes only from grapes. It has no added sugar, color or flavor – just 100% juice.
- Welch's 100% White Grape Juice contains 2x the antioxidant power of 100% apple juice, and it even contains more than other 100% white grape juices.<sup>3</sup>
  - Welch's 100% White Grape Juice is made with juice from the entire Niagara grape, including the skins and seeds, which are pressed to release natural antioxidants.
  - Welch's 100% White Grape Juice contains 100% Daily Value (DV) of the antioxidant vitamin C (64oz. and 46oz. contain 120% DV) to help support a healthy immune system.

### References

<sup>1</sup> U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th ed. US Government Printing Office Washington, DC: 2005. [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

<sup>2</sup> Centers for Disease Control and Prevention. Fruit and Vegetable Consumption Among Adults - United States, 2005. Morbidity and Mortality Weekly Report. 2007. 56(10):213-217. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5610a2.htm>.

<sup>3</sup> Independent ORAC laboratory testing by Brunswick Laboratories. Applies to Welch's 10, 24, 46, 64 and 96 ounce bottled products.

