



## Welch's 100% Grape Juice with Fiber

On average, Americans are getting only half of the fiber they need each day.<sup>1</sup> 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:

- Contains 100% daily value of the antioxidant vitamin C.
- Delivers natural antioxidant power from Concord grapes.
- Counts as 2 servings (1 cup) of fruit and 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!



Nutrition Facts	
Serving Size: 8 FL. OZ. (240mL)	
Servings Per Container: 8	
Amount Per Serving	
<b>Calories 150</b>	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Potassium</b> 210mg	<b>6%</b>
<b>Total Carb</b> 41g	<b>14%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 36g**	
<b>Protein</b> 1g	
<b>Vitamin C</b>	<b>100%</b>
<b>Calcium</b>	<b>2%</b>
<b>Magnesium</b>	<b>6%</b>
<b>Manganese</b>	<b>20%</b>
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.	

### Reference:

<sup>1</sup> 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](http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0506/usual_nutrient_intake_dietary_fiber_2003-06.pdf). Last Updated: Aug. 31, 2010. (Accessed: Sept. 3, 2010).

