



Welch's Healthy Start 100% Juice

Getting a healthy start to the day can be a first step to feeling more vibrant. Welch's brings the goodness of grapes to the breakfast table with Healthy Start 100% Juice. Favorite fruit flavors have been blended with Welch's Concord or Niagara grapes to deliver a delicious way to start the day!

- Is made with no added sugar. It's 100% juice!
- Makes it easier to squeeze more fruit into your diet ... Each 8-oz. glass counts as two servings (1 cup) of fruit.
- Has natural antioxidant power from grapes.*
- Delivers 260% daily value of the antioxidant vitamin C per 8-oz. glass.**
- Found in the refrigerated juice section at the grocery store.

Healthy Start 100% Juice - White Grape Orange Mango

Nutrition Facts	
Serving Size: 8 FL. OZ. (240mL)	
Servings Per Container: about 7	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 0g	0%
Sodium 40mg	2%
Total Carb 38g	13%
Sugars 37g**	
Protein 0g	
Vitamin C	260%
Not a significant source of fat cal, sat fat, trans fat, cholest, fiber, vitamin A, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Healthy Start 100% Grape Juice

Nutrition Facts	
Serving Size: 8 FL. OZ. (240mL)	
Servings Per Container: about 7	
Amount Per Serving	
Calories 170	
% Daily Value*	
Total Fat 0g	0%
Sodium 20mg	1%
Total Carb 42g	14%
Sugars 41g**	
Protein 0g	
Vitamin C	260%
Not a significant source of fat cal, sat fat, trans fat, cholest, fiber, vitamin A, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

*Per ORAC lab testing

**Per 8 oz. serving: Welch's Healthy Start has 260% daily value of vitamin versus Tropicana Pure Premium Original Orange Juice 130% Daily Value of vitamin C

