

APPENDIX 4
ORANGE JUICE NUTRITION FACTS

Serving Size	8oz
Calories per Serving	120
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Sodium	0 mg
Total Cabohydrates	28 g
Dietary Fiber	.6 g
Total Natural Sugars	21 g
Protein	2 g

Vitamins & Minerals

Vitamin A	15 mg
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Vitamin C	104 mg
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Calcium	27/358** mg
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Vitamin D	0/2.5** mg
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Thiamin	.2 mg
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Riboflavin	.1 mg
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Niacin	.8 mg
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Vitamin B6	.15 mg
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Folate	61 mcg
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Vitamin B12	0 mcg
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Potassium	470 mg
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Data source: USDA FoodData Central: <https://fdc.nal.usda.gov> (<https://fdc.nal.usda.gov>). Nutrient values represent an average of data from FDC 169098 and 169100. Calcium and vitamin D values for fortified juice are from FDC 169101 and 169921. Nutrient values may vary based on brand or product types.

*Values based on a 2000 calorie diet. FDA rounding rules applied when calculating percent DV based upon 2018 rules. Information is not intended for labeling food in packaged form. Nutrient values may vary based on brand or product types.

**Values represent the amount in unfortified / fortified juice
