

# Comparing 3 Popular Beverages: Which is Your Choice?



**MyPlate**  
in Practice

Nutrition Facts			
Serving Size 1 Pouch			
Serving Per Container 10			
Amount Per Serving			
<b>Calories 70</b>			
	% Daily Values*		
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 15mg			<b>1%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 18g			
<b>Protein</b> 0g			<b>0%</b>
Vitamin E 10%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



**INGREDIENTS:** Water, Sugar, Pear and Grape Juice Concentrate, Citric Acid, Extracted Orange and Pineapple Juice Concentrate, Natural Flavor, Vitamin E Acetate



**JUICE COCKTAIL CONTAINS 25% JUICE**

**INGREDIENTS:** Filtered water, grape juice from concentrate, high fructose corn syrup, cranberry juice from concentrate, natural flavors

Nutrition Facts			
Serving Size 1 Box			
Serving Per Container 1			
Amount Per Serving			
<b>Calories 170</b>			
	% Daily Values*		
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 35mg			<b>1%</b>
<b>Total Carbohydrate</b> 43g			<b>14%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 43g			
<b>Protein</b> 0g			<b>0%</b>
Vitamin C 100%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



**INGREDIENTS**  
Water, orange juice concentrate

Nutrition Facts			
Serving Size (6.76g)			
Serving Per Container 6			
Amount Per Serving			
<b>Calories 120</b>			
	% Daily Values*		
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Potassium</b> 500mg			<b>14%</b>
<b>Sodium</b> 25mg			<b>1%</b>
<b>Total Carbohydrate</b> 28g			<b>9%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 25g			
<b>Protein</b> 0g			<b>0%</b>
Vitamin C 90% • Thiamin 10%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**ORANGE JUICE**

**CONTAINS 100% JUICE**

- Which two juice drinks have added sugar? \_\_\_\_\_
- Which juice or drink do you think is best for you? \_\_\_\_\_
- What is the difference between a juice and a juice drink? \_\_\_\_\_



**SNAP-Ed**

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EXTENSION

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