



Fruit Juice Nutritional Information

Amount In 100 Grs. Edible Portion *

	Apple Juice	Cranberry Cocktail	Grapefruit Juice	Orange Juice	Pineapple Juice
Water (gr)	87.90	85.00	89.30	88.10	86.50
Kilo Calories (kcal)	47.00	58.00	41.00	45.00	52.00
Protein (gr)	0.14	0.03	0.55	0.68	0.40
Total Lipid (gr)	0.10	0.05	0.13	0.06	0.03
Total Carbs. (gr)	11.54	14.88	9.73	10.78	12.77
Fiber (gr)	0.10	-	-	0.05	0.10
Ash (gr)	0.32	0.10	0.28	0.39	0.30

*source: USDA Handbook #6



Calcium (mg)	6.00	3.00	8.00	9.00	11.00
Iron (mg)	0.26	0.16	0.14	0.10	0.30
Magnesium (mg)	5.00	3.00	11.00	10.00	9.00
Phosphorus (mg)	7.00	1.00	14.00	16.00	8.00
Potassium (mg)	126.00	24.00	136.00	190.00	136.00
Sodium (mg)	7.00	4.00	1.00	1.00	1.00
Zinc (mg)	0.04	0.02	0.05	0.05	0.11
Copper (mg)	0.01	0.01	0.03	0.04	0.09
Manganese (mg)	0.06	0.16	0.02	0.01	0.99
Ascorbic Acid (mg)	0.60	42.60	33.70	38.90	12.00
Thiamin (mg)	0.00	0.01	0.04	0.08	0.07
Riboflavin (mg)	0.02	0.02	0.02	0.02	0.02



Niacin (mg)	0.04	0.05	0.22	0.20	0.20
Pantothenic Acid (mg)	0.06	0.07	0.19	0.16	0.13
Vitamin B6 (mg)	0.03	0.01	0.04	0.04	0.07
Folacin (mcg)	0.30	0.20	3.60	43.80	-
Vitamin B12 (mcg)	0.00	0.00	0.00	0.00	0.00
Vitamin A (i.u.)	-	-	9.00	78.00	10.00