

Orange Juice from concentrate

Nutrient	Units	Typical Values Per 100ml
Energy (calculated from protein, carbohydrate, fat, fibre & alcohol values, where applicable)	kJ	191
	kcal	45
Fat	g	<0.1
Of which saturates	g	<0.1
Of which monounsaturates	g	-
Of which polyunsaturates	g	-
Carbohydrate	g	10.0
Of which sugars	g	10.0
Of which starch	g	-
Fibre	g	0.4
Protein	g	0.7
Salt (equivalent to sodium x 2.5)	g	0.005

Apple Juice from concentrate

Nutrient	Units	Typical Values Per 100ml
Energy (calculated from protein, carbohydrate, fat, fibre & alcohol values, where applicable)	kJ	185
	kcal	44
Fat	g	0.09
Of which saturates	g	0.02
Of which monounsaturates	g	<0.1
Of which polyunsaturates	g	<0.1
Carbohydrate	g	10.2
Of which sugars	g	9.7
Of which starch	g	-
Fibre	g	0.19
Protein	g	0.09
Salt (equivalent to sodium x 2.5)	g	0.005

Cranberry Juice Drink

Nutrient	Units	Typical Values Per 100ml
Energy (calculated from protein, carbohydrate, fat, fibre & alcohol values, where applicable)	kJ	201
	kcal	47
Fat	g	<0.1
Of which saturates	g	<0.1
Of which monounsaturates	g	-
Of which polyunsaturates	g	-
Carbohydrate	g	12.1
Of which sugars	g	12.1
Of which starch	g	-
Fibre	g	0.4
Protein	g	0.1
Salt (equivalent to sodium x 2.5)	g	0.005

Red Grapefruit Juice from concentrate

Nutrient	Units	Typical Values Per 100ml
Energy (calculated from protein, carbohydrate, fat, fibre & alcohol values, where applicable)	kJ	140
	kcal	33
Fat	g	0.1
Of which saturates	g	<0.1
Of which monounsaturates	g	-
Of which polyunsaturates	g	-
Carbohydrate	g	8.3
Of which sugars	g	8.3
Of which starch	g	-
Fibre	g	<0.1
Protein	g	0.4
Salt (equivalent to sodium x 2.5)	g	0.005

Fruit Cocktail Juice from concentrate

Nutrient	Units	Typical Values Per 100ml
Energy (calculated from protein, carbohydrate, fat, fibre & alcohol values, where applicable)	kJ	203
	kcal	48
Fat	g	<0.1
Of which saturates	g	-
Of which monounsaturates	g	-
Of which polyunsaturates	g	-
Carbohydrate	g	11.3
Of which sugars	g	11.3
Of which starch	g	-
Fibre	g	<0.1
Protein	g	0.3
Salt (equivalent to sodium x 2.5)	g	0.005