



GRAPEFRUIT JUICE, UNSWEETENED, BOTTLE

Date: November 2010 Code: A272

PRODUCT DESCRIPTION

- Bottled grapefruit juice is 100% juice with no added sugar or sweeteners.

PACK/YIELD

- Grapefruit juice is packed in 64 ounce plastic bottles, which is about 16 servings (½ cup per serving).

STORAGE

- Store unopened plastic bottles in a cool, clean, dry place.
- After opening, store remaining juice in a tightly closed container and refrigerate.
- Look at the “Best if used by” or “Best by” date on the bottle.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Grapefruit juice can be served as a beverage chilled on its own, or as a base for punch.
- Blend grapefruit juice with fruit, yogurt, and ice to make a fruit smoothie.
- Mix chopped fruit, grapefruit juice, and chopped nuts for a twist on fruit salad.

NUTRITION INFORMATION

- ½ cup of grapefruit juice counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- ½ cup of grapefruit juice provides 60% of the recommended daily amount of vitamin C.

FOOD SAFETY INFORMATION

- If the bottle is leaking or the seal on the cap is broken, **throw it away**.
- If the juice has a bad odor, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (4oz) grapefruit juice, unsweetened

Amount Per Serving

Calories	50	Calories from Fat	0
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% Daily Value*

Total Fat 0g		0%
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Saturated Fat 0g		0%
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<i>Trans</i> Fat 0g		
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Cholesterol 0mg		0%
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Sodium 0mg		0%
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Total Carbohydrate 11g		4%
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Dietary Fiber 0g		0%
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Sugars 11g		
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Protein 1g		
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Vitamin A	0%	Vitamin C	60%
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Calcium	0%	Iron	2%
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*Percent Daily Values are based on a 2,000 calorie diet.