



ORANGE JUICE, UNSWEETENED, BOTTLE

Date: November 2010 Code: A271

PRODUCT DESCRIPTION

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

PACK/YIELD

- Orange juice is packed in 64 ounce plastic bottles, which is about 16 servings ($\frac{1}{2}$ 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

- Blend orange juice with fruit, yogurt, and ice to make a fruit smoothie.
- Freeze orange juice with toothpicks in an ice cube tray for quick and easy popsicles.
- Mix chopped fruit, orange juice, and chopped nuts for a twist on fruit salad.
- When cooking rice, use orange juice in place of some of the water or broth.

NUTRITION INFORMATION

- $\frac{1}{2}$ cup orange juice counts as $\frac{1}{2}$ cup in the MyPyramid.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups of fruit.
- $\frac{1}{2}$ cup of orange juice provides more than 60% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the bottle is leaking or the seal is broken on the cap, **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: $\frac{1}{2}$ cup (4oz) orange juice, unsweetened

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 14g		4%
Dietary Fiber 0g		1%
Sugars 11g		
Protein 1g		
Vitamin A 4%	Vitamin C 60%	
Calcium 2%	Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet.