



APPLE-CHERRY JUICE, UNSWEETENED, BOTTLE

Date: November 2010 Code: A275

PRODUCT DESCRIPTION

- Bottled unsweetened apple-cherry juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners.
- Apple-cherry juice has added vitamin C.

PACK/YIELD

- Apple-cherry juice is packed in 64 ounce plastic bottles, which is about 16 servings (½ cup each).

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

- Apple-cherry juice can be served as a beverage chilled on its own or as a base for punch.
- Mix ½ cup juice with ½ cup seltzer or sparkling water to make a sweet fruity beverage.
- Blend apple-cherry juice with yogurt, fruit, and ice for a smoothie.

NUTRITION INFORMATION

- ½ cup of apple-cherry juice is equal to 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 apple-cherry juice provides 50% of the recommended daily amount of vitamin C.

FOOD SAFETY INFORMATION

- If the bottle is leaking or the seal on the cap has been 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) apple-cherry juice, unsweetened

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 0g

Vitamin A 0% Vitamin C 50%

Calcium 1% Iron 0%

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