



## APPLE JUICE, UNSWEETENED, BOTTLE

Date: November 2010

Code: A274

### PRODUCT DESCRIPTION

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

### PACK/YIELD

- Apple 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 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 juice can be served as a beverage chilled on its own or as a base for punch.
- Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup seltzer or sparkling water to make a sweet fruity beverage.
- Blend apple juice with yogurt, fruit, and ice for a smoothie.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of apple 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 apple juice provides about 80% 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](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (4oz) apple juice, unsweetened

#### Amount Per Serving

|                 |    |                          |   |
|-----------------|----|--------------------------|---|
| <b>Calories</b> | 60 | <b>Calories from Fat</b> | 0 |
|-----------------|----|--------------------------|---|

#### % Daily Value\*

|                               |  |           |
|-------------------------------|--|-----------|
| <b>Total Fat</b> 0g           |  | <b>0%</b> |
| Saturated Fat 0g              |  | <b>0%</b> |
| <i>Trans</i> Fat 0g           |  |           |
| <b>Cholesterol</b> 0mg        |  | <b>0%</b> |
| <b>Sodium</b> 5mg             |  | <b>0%</b> |
| <b>Total Carbohydrate</b> 14g |  | <b>5%</b> |
| Dietary Fiber 0g              |  | <b>1%</b> |
| Sugars 12g                    |  |           |
| <b>Protein</b> 0g             |  |           |

|           |    |           |     |
|-----------|----|-----------|-----|
| Vitamin A | 0% | Vitamin C | 80% |
| Calcium   | 1% | Iron      | 1%  |

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