



MOTT'S 100% JUICES

A Family Favorite

Adults and kids love the classic taste of apple juice. Mott's 100% Apple Juice offers the whole family the pure and refreshing taste of fresh, ripe apples. Mott's also offers different flavor varieties to satisfy any taste preference.

Portion Makes Perfect

According to MyPyramid, 1/2 cup of 100% apple juice counts as 1/2 cup of fruit¹. USDA 2005 Dietary Guidelines recommend a daily intake of 2 cups of fruit (up to 2/3 cup from juice) for a 2,000 calorie diet².*

In the Glass or On-The-Go

Mott's is available in family-sized bottles, but also in 6.75-ounce juice boxes that are delicious and easy to give kids when on-the-go. Mott's juice boxes are ideal for moms since they're convenient to take anywhere.


Varieties

Single serve 6.75-ounce juice boxes in nine-packs are available in Apple, Apple White Grape, and Fruit Punch. Single serve 4.23-ounce juice boxes in four-packs are available in Apple, Apple White Grape and Fruit Punch. Apple Juice is available in 64-ounce or 1 gallon family sizes.

Eating fruit provides a variety of health benefits. Fruits contain many vitamins and minerals that help children and adults stay healthy. People who eat more fruits and vegetables in an overall healthy diet have lower risks of some chronic diseases². MyPyramid recommends people choose a variety of fruits¹. Mott's offers a number of products to help people of all ages meet their daily recommended fruit requirements.

REFERENCES:

1. United States Department of Agriculture, 2005. Available at: <http://mypyramid.gov>
 2. United States Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines>
- *Daily fruit needs will vary based on individual daily calorie needs




APPLE

Nutrition Facts	Amount/Serving	% Daily Value*
Serving Size 1 Container (200 mL)		
Total Fat 0g		0%
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 24g		8%
Sugars 23g		
Protein 0g		
Vitamin A 0% • Vitamin C 30%		
Calcium 2% • Iron 4%		
Not a significant source of saturated fat, trans fat and dietary fiber.		
INGREDIENTS: WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).		

Calories 100
Calories From Fat 0

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




APPLE WHITE GRAPE

Nutrition Facts	Amount/Serving	% Daily Value*
Serving Size 1 Container (200 mL)		
Total Fat 0g		0%
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrate 26g		9%
Sugars 25g		
Protein 0g		
Vitamin A 0% • Vitamin C 30%		
Calcium 2% • Iron 2%		
Not a significant source of saturated fat, trans fat and dietary fiber.		
INGREDIENTS: WATER, APPLE JUICE CONCENTRATE, GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C).		

Calories 100
Calories From Fat 0

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



FRUIT PUNCH

Nutrition Facts	Amount/Serving	% Daily Value*
Serving Size 1 Container (200 mL)		
Total Fat 0g		0%
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 25g		8%
Sugars 24g		
Protein 0g		
Vitamin A 0% • Vitamin C 30%		
Calcium 2% • Iron 4%		
Not a significant source of saturated fat, trans fat and dietary fiber.		
INGREDIENTS: WATER, APPLE JUICE CONCENTRATE, GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ORANGE JUICE CONCENTRATE, CHERRY JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).		

Calories 100
Calories From Fat 0

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



Tip from
MyPyramid

While shopping, allow children to pick out a new fruit to try later at home¹.