

# HOW MUCH SUGAR IS IN YOUR JUICES!

Upon a recent trip down the Juice Aisle in a local Supermarket, we found so many different kinds of juices! It is sometimes difficult to decide on which is best for our children. Sometimes the labels claim "100% Juice", yet add sugar to the mix, making it more cavity producing! Below you will find a list of sugar content of all the juices we found in the store. Obviously, some selections may be missing due to stores carrying different brands. Hopefully this may give you a little insight into how much sugar we are actually drinking in these beverages!

## JUICE.....Grams of Sugar Per Ounce Of Juice

Motts for Totts.....	.53
G2 (Gatorade low-cal).....	.63
Campbells Tomato Juice.....	.88
Motts Garden Blend Veg. Juice....	.88
V8.....	1.0
Apple&Eve Fruitables.....	1.33-1.48
Ocean Spray Light.....	1.3-1.6
PowerAde.....	1.66
Gatorade.....	1.75
V8 Splash.....	2.0-2.5
Hawaiin Punch.....	2.5
CapriSun.....	2.66-3.5
Apple&Eve Apple Juice.....	2.75
Motts Medleys.....	2.75-3.75
Gerber Juice (Assorted).....	2.75-5.0
V8 Fusion.....	2.9-3.9
Juicy Juice.....	3.0-3.5
Musselmans Apple Juice.....	3.25
Minute Maid.....	3.26-3.55
KoolAid Jammers.....	3.33
Junior Juice.....	3.3-3.78
Yoo-Hoo.....	3.4
Motts Apple Juice.....	3.5
HIC.....	3.7-4.0
Ocean Spray.....	3.75-4.0
Welch's Grape Juice.....	4.5
Welch's White Grape Juice.....	4.75



BEST!!!!!!



WORST!!!!!!

