



## Nutrition Comparison and Data\*



### Great SWIRL taste beats the others cold.

	Pure Orange Juice	SWIRL® Blue Raspberry	Gatorade® Orange	Snapple® Strawberry Kiwi	Coca Cola® Classic	Tropicana® Twister
% Fruit Juice	100%	<b>50%</b>	0	10%	0	10%
Calories	110	<b>120</b>	50	120	100	130
Fat	0	<b>0</b>	0	0	0	0
Saturated Fat	0	<b>0</b>	0	0	0	0
Cholesterol	0	<b>0</b>	0	0	0	0
Sodium	15mg	<b>9mg</b>	110mg	10mg	35mg	20mg
Carbohydrates	27g	<b>24g</b>	14g	30g	27g	31g
Sugars	24g	<b>24g</b>	14g	28g	27g	28g
Vitamin A	0	<b>30%</b>	0	0	0	0
Vitamin D	0	<b>30%</b>	0	0	0	0
Vitamin C	100%	<b>120%</b>	0	0	0	100%
Calcium	2%	<b>5%</b>	0	0	0	0

\* Based on an 8 oz. serving with the Recommended Daily Value of 2000 calories per 2005 data

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