



Welch's 100% Grape Juice with Calcium

Many Americans fall short of their recommended daily goals for calcium and need easy options for adding calcium to their diets.¹ One 8-oz. glass of Welch's 100% Grape Juice with Calcium provides a good source (10% daily value) of calcium to help support healthy bones and teeth, and also:

- Counts as 2 servings (1 cup) of fruit and, as a complement to whole fruit, is an easy way to incorporate more purple fruit into your family's diet.
- Is made with no added sugar, color or flavor. It's 100% juice!
- Contains 100% daily value of the antioxidant vitamin C.

Nutrition Facts	
Serving Size: 8 FL.OZ. (240mL)	
Servings Per Container: 8	
Amount Per Serving	
Calories 140	
% Daily Value*	
Total Fat 0g	0%
Sodium 15mg	1%
Potassium 100mg	3%
Total Carb 38g	13%
Sugar 36g **	
Protein 1g	
Vitamin C	100%
Calcium	10%
Magnesium	6%
Manganese	15%
Not a significant source of fat cal, sat fat, trans fat, cholest, fiber, vitamin A, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

**CONTAINS NATURAL FRUIT SUGARS ONLY

Reference:

¹ Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.



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