

# Label Analysis

No added sugar?  
No HFCS?

Diced peaches in 100% fruit juice.

1 serving of  
fruit?

Options:

1. Additional A to make an antioxidants claim (together with the C that is already in there).
2. OJ is adding Calcium, so why can't fruit?

*Nutrition Facts	
Serving Size 1 can (113 g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
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% Daily Value	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrates 13 g	4%
Dietary Fiber Less than 1 g	3%
Sugars 12 g	
Protein 0 g	
Vitamin A 4%	Vitamin C 20%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Please check product labels for most current nutrition information.

Add a soluble fiber (inulin, acacia) to the juice for a fiber claim?