

Nutrition Facts Tables For Schools (60mL)

Bumbleberry (Mixed berries)

Nutrition Facts

Per 60 mL

Amount		%Daily Value
Calories	44.01	-
Fat	0.14 g	0.22%
Saturated	0.01 g	0.03%
+Trans	0.00 g	-
Cholesterol	0.00 mg	-
Sodium	0.32 mg	0.01%
Carbohydrate	11.07 g	3.69%
Fiber	1.31 g	5.25%
Sugar	9.51 g	-
Protein	0.32 g	-
Vitamin A	-	0.15%
Vitamin C	-	27.20%
Calcium	-	0.79%
Iron	-	1.60%

Naturally occurring fruit sugars 1.90

Ingredient list:

Mixed berries (blueberry, blackberry, raspberry, strawberry), purified water, sugar, lime, guar gum.

Pink Lemonade

Nutrition Facts

Per 60 mL

Amount		%Daily Value
Calories	39.17	-
Fat	0.01 g	0.01%
Saturated	0.00 g	0.00%
+Trans	0.00 g	-
Cholesterol	0.00 mg	-
Sodium	0.21 mg	0.01%
Carbohydrate	9.89 g	3.30%
Fiber	0.04 g	0.17%
Sugar	9.17 g	-
Protein	0.05 g	-
Vitamin A	-	0.00%
Vitamin C	-	9.40%
Calcium	-	0.20%
Iron	-	0.13%

Naturally occurring fruit sugars 0.19

Ingredient list:

Purified water, lemon juice, sugar, hibiscus and guar gum.

Mango

Nutrition Facts

Per 60 mL

Amount		%Daily Value
Calories	40.58	-
Fat	0.08 g	0.12%
Saturated	0.02 g	0.09%
+Trans	0.00 g	-
Cholesterol	0.00 mg	-
Sodium	0.60 mg	0.03%
Carbohydrate	10.58 g	3.53%
Fiber	0.51 g	2.06%
Sugar	9.83 g	-
Protein	0.15 g	-
Vitamin A	-	1.19%
Vitamin C	-	24.56%
Calcium	-	0.40%
Iron	-	0.39%

Naturally occurring fruit sugars 4.20

Ingredient list:

Mango, purified water, sugar, lime, guar gum.

Watermelon

Nutrition Facts

Per 60 mL

Amount		%Daily Value
Calories	40.49	-
Fat	0.05 g	0.07%
Saturated	0.00 g	0.02%
+Trans	0.00 g	-
Cholesterol	0.00 mg	-
Sodium	0.31 mg	0.01%
Carbohydrate	10.40 g	3.47%
Fiber	0.12 g	0.49%
Sugar	9.98 g	-
Protein	0.19 g	-
Vitamin A	-	0.96%
Vitamin C	-	7.33%
Calcium	-	0.29%
Iron	-	0.75%

Naturally occurring fruit sugars 1.91

Ingredient list:

Watermelon, sugar, purified water, lime, guar gum.

Nutrition Facts Tables For Schools (60mL)

Strawberry

Nutrition Facts

Per 60 mL

Amount		%Daily Value
Calories	41.49	-
Fat	0.10 g	0.15%
Saturated	0.00 g	0.02%
+Trans	0.00 g	-
Cholesterol	0.00 mg	-
Sodium	0.32 mg	0.01%
Carbohydrate	10.54 g	3.51%
Fiber	0.70 g	2.80%
Sugar	9.63 g	-
Protein	0.21 g	-
Vitamin A	-	0.04%
Vitamin C	-	55.19%
Calcium	-	0.67%
Iron	-	1.35%

Naturally occurring fruit sugars 1.56

Ingredient list:

Strawberry, purified water, sugar, lime, guar gum.

Lime

Nutrition Facts

Per 60 mL

Amount		%Daily Value
Calories	37.50	-
Fat	0.01 g	0.01%
Saturated	0.00 g	0.00%
+Trans	0.00 g	-
Cholesterol	0.00 mg	-
Sodium	0.21 mg	0.01%
Carbohydrate	9.90 g	3.30%
Fiber	0.04 g	0.17%
Sugar	9.17 g	-
Protein	0.04 g	-
Vitamin A	-	0.02%
Vitamin C	-	9.41%
Calcium	-	0.20%
Iron	-	0.11%

Naturally occurring fruit sugars 0.18

Ingredient list:

Purified water, lime juice, sugar, guar gum.