

How to find an unsweetened children's drink

1. Check the label for **added sugars**
2. Check the ingredient list for **diet sweeteners**: **stevia, sucralose, monk fruit, aspartame, acesulfame potassium, advantame, neotame, saccharin**

Sweetened drink

Nutrition Facts		CONTAINS 18% JUICE INGREDIENTS: WATER, ORGANIC APPLE JUICE CONCENTRATE, ORGANIC NATURAL FLAVORS, CITRIC ACID, ORGANIC STEVIA EXTRACT (REBAUDIOSIDE A).
1 serving per container Serving size 6 fl oz (177mL)		
Amount Per Serving		
Calories	15	
	% DV*	
Total Fat 0g	0%	
Sodium 5mg	0%	
Total Carbohydrate 4g	1%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 0g		
Not a significant source of cholesterol, dietary fiber, sat. fat, trans fat, vitamin D, calcium, iron and potassium.		
*%DV = Percent Daily Values are based on a 2,000 calorie diet.		

Unsweetened drink

Nutrition Facts		CONTAINS 100% JUICE INGREDIENTS: WATER, CONCENTRATED APPLE, PEAR AND GRAPE JUICES, CITRIC ACID, ASCORBIC ACID (VITAMIN C), NATURAL FLAVOR.
1 serving per container Serving size 6 fl oz (177mL)		
Amount Per Serving		
Calories	80	
	% DV*	
Total Fat 0g	0%	
Sodium 11mg	1%	
Total Carbohydrate 20g	8%	
Total Sugars 19g		
Includes 0g Added Sugars	0%	
Protein 0g		
Potassium 117mg	2%	
Vitamin C 60mg	60%	
Not a significant source of cholesterol, dietary fiber, sat. fat, trans fat, vitamin D, calcium and iron.		
*%DV = Percent Daily Values are based on a 2,000 calorie diet.		

- ✓ No added sugar
- ✗ Contains diet sweetener (stevia)

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