




Two faces of kids' fruit drinks

What the package says/shows:

What it means:

 <p>HALF THE SUGAR VS LEADING REGULAR JUICE DRINKS!</p> <p>CAPE ALL NATURAL</p>	<p>“Half the sugar vs leading regular juice drinks”</p> <ul style="list-style-type: none">• If a product has a claim about low or no sugar, it might have diet sweeteners -- and maybe added sugar too.• This product has both added sugar (table sugar) and a diet sweetener (monk fruit).
 <p>Good & Beautiful</p> <p>NO SUGAR ADDED</p> <p>75% LESS SUGAR VS OUR 100% JUICE</p> <p>USDA ORGANIC</p> <p>Grape</p>	<p>“No sugar added” “75% less sugar vs our 100% juice”</p> <ul style="list-style-type: none">• This product contains no added sugar, but it has a diet sweetener (Stevia).
 <p>100% VITAMIN C</p> <p>SUNNY D</p> <p>TANGY ORIGINAL</p> <p>ORANGE FLAVORED TANGY PUNCH</p>	<p>“100% Vitamin C” Pictures of fruit</p> <ul style="list-style-type: none">• If a product has a claim about Vitamin C or pictures of fruit, it might have little or no fruit juice!• This drink only contains 5% juice. It also contains added sugar (high fructose corn syrup) and diet sweetener (Sucralose).

To know what's really inside, check the nutrition facts label and ingredient list.