

**Good days
start with
Florida
Citrus**



**The Original
Wellness Drink.™**



Orange Juice & Oranges

The nutritional profile of 100% orange juice has more in common with a whole orange than you may think.

Whole fruit plays an important role in a healthy diet, but other foods can contribute more fiber to the diet such as vegetables, whole grains, beans/legumes, nuts/seeds.

ADVANTAGES OF 100% ORANGE JUICE ARE:

- Convenience
- A longer shelf life
- Year-round availability
- Phytonutrient content is higher in 100% orange juice due to processing and thus extraction of polyphenols from the peel
- 100% orange juice is not a replacement for an orange but can serve as a complement to whole fruit consumption



	1/2 CUP 100% ORANGE JUICE	1 WHOLE ORANGE
Serving (weight)	120 g	141 g
Energy (kcal)	59	65
Carbohydrate (g)	13	16
Sugars, total (g)	11	13
Dietary fiber, total (g)	0.3	3.4
Magnesium (mg)	14	14
Potassium (mg)	229	238
Vitamin A, RAE (mcg)	8	16
Vitamin C (mg)	38	63
Folate, DFE (mcg)	36	24
Thiamin (mg)	0.1	0.14
Vitamin B6 (mg)	0.05	0.07
Riboflavin (mg)	0.05	0.06

Research shows that people who drink **100% orange juice** may have higher intakes of whole and total fruit, vitamins and minerals, and/or higher diet quality compared to non-consumers.