

NUTRITIONAL COMPOSITION OF 100% ORANGE JUICE



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100% orange juice is a natural product; it is just fruit that has been juiced, with nothing added or taken away. Water makes up about 90% of 100% orange juice with the remainder consisting of natural sugars from the fruit, vitamin C, folate, potassium and other vitamins, minerals and phytonutrients such as hesperidin.

Nutritional value of 100% orange juice (per 100 ml) ^{1,2}	
Energy (kcal)	41
Energy (KJ)	172
Carbohydrate (g)	9.1
Total sugars (g)	9
Protein (g)	0.5
Total fat (g)	0.08
Dietary fibre (g)	0.19
Calcium (mg)	11.1
Iron (mg)	0.2
Magnesium (mg)	9.5
Phosphorus (mg)	15.3
Potassium (mg)	176
Sodium (mg)	4.6
Zinc (mg)	0.06
Vitamin C (mg)	45
Riboflavin (mg)	0.02
Niacin (mg)	0.29
Folate (µg)	21.5
Vitamin B6 (mg)	0.07
Vitamin B12 (µg)	0.02
Vitamin A (µg)	1.14
Vitamin D (IU)	0.00
Vitamin E (mg)	0.18
Vitamin K (µg)	0.08
Total carotenoids (mg)	0.7
Hesperidin (mg)	52
Pectins (mg)	33.4

A GLASSFUL OF NUTRITION

Whilst a small glass of 100% orange juice contributes just 3% of the daily calories needed, it is particularly nutrient dense, so there are no 'empty calories', because for every gram of sugar provided in orange juice there are over 20 mg of micronutrients. One small glass (150 ml) of 100% orange juice contains more than 50% of the daily requirement of vitamin C, and so much more.



WHAT'S IN A GLASS OF 100% ORANGE JUICE?

	150 ml (small glass)	200 ml (medium glass)	250 ml (large glass)
Energy (kcal)	62	82	102.5
Total sugars (g)	14	18	22.5
Vitamin C (mg)	67.5	90	112.5
Potassium (mg)	264	352	440
Folate (µg)	32.3	43	53.8
Total carotenoids (mg)	1.1	1.4	1.8
Hesperidin (mg)	78	104	130

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1. SGF International (2019) <https://www.sgf.org/index.php?id=euber.uns&L=1>.
2. AIJN Nutrition chart on 100% orange juice (Average of the data of national nutrient databases from UK, Germany, France, The Netherlands, Belgium, Spain, Italy, Portugal, Denmark, Finland, Austria).