

Shelf-Stable Juices: Leading Brand Comparison

BRAND	% JUICE CONTENT	# OF VEGETABLE SERVINGS	COMBINED VEG/FRUIT SERVINGS	CALORIES	SODIUM CONTENT
Fave 	100%	3.0	3.5	60	35-40 mg sodium
Original V8 	100%	2.0	2.0	50	650 mg sodium
Low Sodium V8 	100%	2.0	2.0	50	140 mg sodium
V-Fusion 	100%	1.0	2.0	100-140	50-85 mg sodium
V-Fusion Light 	Only 50%	0.5	1.0	50	50-85 mg sodium, Sucralose™ added
V-Fusion Refreshers 	Only 20% - 25%	0.20-0.25	0.40 -0.50	100	20-35 mg sodium
Capri Sun Super V 	Only 66%	0.33	1.33	93	27 mg sodium
Nestle Juicy Juice 	100%	0	1.0	110-130	20-25 mg sodium
Fruitables 	Only 66%	0.25	0.75	60-70	10 mg sodium
"Fruit & Veggies" 	100%	0.25	1.0	120-130	55-70 mg sodium

Per 8 fluid oz. (240 mL) serving