

Juice 101

In order to be creditable, a juice must contain **100 percent** full strength juice. "Juice" is defined as any product, liquid or frozen, labeled "**juice**," "**full-strength juice**," "**single-strength juice**," "**100 percent juice**," "**all-juice blends**," or "**reconstituted juice**."

Juice may not be credited as one of the components of a snack when milk is served as the only other component.

Any beverage containing added sweetener is not 100% juice. "Added sweetener" refers to any form of sugar (sucrose, glucose, fructose, dextrose, corn syrup, honey, etc.). It also refers to artificial sweetener (saccharin, aspartame, NutraSweet, Equal, Sweet'N Low, etc.). Products labeled "**punch**," "**drink**," "**juice cocktail**," "**ade**," "**nectar**," "**cocktail**," "**natural**," "**beverage**," etc. may contain added water and/or added sweetener. These beverages do not qualify as 100% juice and are not creditable.

Cranberry juice (**not cocktail**) in a blend with another full-strength juice is creditable (for example, 100 percent cranberry juice mixed with 100 percent apple juice). Cranberry juice (100 percent) that is not blended with other juices is not commercially available as a fruit juice.

If you have any questions about the products you serve, please give us a call, send us an email or discuss these items with us at our next visit.