Limit added sugars.
Nearly all the calories in this juice are from sugar. There are no other nutrients. If drinking juice, look for 100% juice on the label.

Find the serving size.
One container isn’t always one serving. This container has 2 servings. Drinking the whole container is 360 calories!

Calories in excess of what your body needs - from any food or beverage - can lead to unwanted weight gain.