

Name: _____ Date: _____

There are many ways to eat fruits and vegetables, including raw, canned, frozen, dried, and juiced. Study the **Nutrition Facts labels**, and compare each to find the option with the most fiber. Answer the questions to the right, in your **Garden Journals**.

- 1) Which food contains the most fiber?
- 2) Which has more fiber: a whole orange or orange juice?
- 3) Which has more fiber: apple slices or apple juice?
- 4) What can you conclude about the amount of fiber in juice versus whole or cut-up fruit?

100% Apple Juice

Nutrition Facts	
Serving Size 4 fl ounces (1/2 cup)	
Amount Per Serving	
Calories 55	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Proteins 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Apple Slices

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Proteins 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



100% Orange Juice

Nutrition Facts	
Serving Size 4 fl ounces (1/2 cup)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Proteins 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Whole Orange

Nutrition Facts	
Serving Size 1 small orange (2-3/8" diameter)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
Proteins 1g	
Vitamin A 4%	Vitamin C 90%
Calcium 4%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

