

# apple juice 101

BROUGHT TO YOU BY APPLE PROCESSORS ASSOCIATION

## **Apple juice provides key nutrients**

1 cup of apple juice contains:

- Vit C 95.5mg/110% Daily Value
- Potassium 251mg/6% Daily Value
- Calcium: 20mg/2%DV; and is

Fat Free;

Low Sodium;

Contains zero to minimal added sugars; and is

Considered by ChooseMyPlate as a serving of the Fruit Group.

## **Apple juice has significant health benefits, according to the USDA**

Juice is a way to enjoy fruit.

USDA recommends to make half of your plate fruit and vegetables.

Juice provides Vitamin C, which helps to heal cuts and bruises, fight infection, and use iron from food.

It provides carbohydrates in the form of sugar from fruit for energy.

Juice is mostly water, which helps provides you fluids.



## **Apple juice follows strict Hazard Analysis and Critical Control Points, as regulated by FDA**

The apple processing industry adheres to the requirement of all juice processors by following HACCP (Hazard Analysis and Critical Control Points) programs, which are FDA regulated. HACCP regulations require manufacturers to perform a risk analysis for physical, chemical, and biological contaminants and implement validated mitigation steps. Manufacturers are routinely audited by FDA, USDA and state departments of agriculture to ensure processors are in compliance with HACCP rules. FDA also routinely tests products for lead and results show very low levels of lead.

## **Apple juice is safe to enjoy, according to FDA**

There has been recent press on fruit juices containing lead. While some samples of apple juice may contain trace amounts of naturally occurring lead in the environment (approximately 0.5 to 10 parts per billion), the levels are substantially below the FDA's limit of 50 parts per billion in apple juice. Further, the FDA routinely tests for lead, to ensure that apple juice, and all fruit juices, are safe for you and your entire family.

**For more info contact Apple Processors Association**

**202.785.6715**



**appleprocessors.org**

Resources 1. USDA Basic Report: 09410. Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

<https://ndb.nal.usda.gov/ndb/foods/show/2416?manu=&fgcd=&ds>

2. USDA choose my plate <https://www.choosemyplate.gov/fruit>

3. Juice or Fruit Drinks: [https://www.fns.usda.gov/sites/default/files/Nibbles\\_Newsletter\\_19.pdf](https://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_19.pdf)

4. FDA Lead - <https://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm557424.htm>

5. <http://www.cbsnews.com/pictures/consumer-reports-spotlights-arsenic-lead-in-10-juices/>