Drinking juice is an easy way of adding extra fruit and vegetables to your diet. Just like fruit and veg, juice is packed with vitamins and minerals, which protect against infection, heart disease and some cancers. One glass (150ml) of 100% unsweetened fruit or veg juice counts as 1 of your 5-a-day. Further juice glasses do not count towards your 5-a-day, as whole fruit and veg contain more dietary fibre than juice.

**Apple Juice**
- 16g Carbs
- 62 Cals
- 0g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Orange Juice**
- 12g Carbs
- 50 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Pinapple Juice**
- 16g Carbs
- 62 Cals
- 0g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Cranberry Juice**
- 20g Carbs
- 84 Cals
- 0g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Smoothie (strawberry & banana)**
- 18g Carbs
- 74 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 2g Fibre

**Prune Juice**
- 22g Carbs
- 86 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 2g Fibre

**Grapefruit Juice**
- 12g Carbs
- 50 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 0g Fibre

**Tomato Juice**
- 5g Carbs
- 21 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 1g Fibre

**Vegetable Juice**
- 5g Carbs
- 32 Cals
- 1g Prot
- 0g Fat
- 0g SatFat
- 2g Fibre