

Nutritional Comparison of Juice Products; 2017

All values are per 100mL.

All information obtained from nutritional panels on product and from company websites.



dietitian
connection®

Long Life Juice	Energy (kj)	CHO (g)	Sugars (g)	Dietary Fibre (g)	Na (mg)
Berri Apple Blackcurrant Juice	185	10.4	9.9	<1.0	8.0
Berri Apple Juice	187	10.5	10.1	<1.0	8.0
Berri Apple Mango Banana Juice	190	10.6	10.2	0.2	8.0
Berri Apple Pear Juice	187	10.3	10.0	<1.0	8.0
Berri Apple Pineapple Guava Juice	184	10.3	9.8	0.3	8.0
Berri Apple Raspberry Pomegranate Juice	189	10.6	10.1	<1.0	8.0
Berri Apricot Nectar Juice	251	13.7	13.4	-	8.0
Berri Breakfast Juice	177	9.5	9.0	0.2	8.0
Berri Grape Juice	258	13.9	13.4	<1.0	8.0
Berri Grapefruit Juice	153	7.2	6.0	<1.0	8.0
Berri Multi-V Juice	187	10.3	9.8	0.2	8.0
Berri Orange Juice	170	9.0	8.3	0.2	8.0
Berri Orange Mango Juice	170	9.0	8.3	0.2	8.0
Berri Pineapple Juice	179	9.7	9.0	<1.0	8.0
Berri Tomato Juice	105	4.5	3.5	-	230
Berri Tropical Juice	182	9.6	9.0	0.3	8.0
Bickford's Berries and Acai Juice	254	13.9	12.9	-	13.0
Bickford's Blueberry Juice	219	12.9	12.0	-	0.4
Bickford's Cloudy Pear Juice	209	12.9	9.7	-	4.0
Bickford's Coconut Juice	80	4.5	3.2	-	54.0
Bickford's Cranberry Juice	224	13.2	12.2	-	1.0
Bickford's Light Prune Juice	229	12.8	7.5	-	7.0
Bickford's Pomegranate Juice	269	15.8	15.8	-	5.0
Bickford's Prune Juice	277	15.1	10.2	-	9.0
Bickford's Super Berry Juice	191	11.1	10.4	-	2.0
Coles Apple Blackcurrant Juice	190	10.8	10.3	<1.0	8.0
Coles Apple Juice	290	10.8	10.4	-	8.0
Coles Apple Mango Juice	190	10.6	10.2	<1.0	8.0
Coles Orange Juice	170	9.1	8.3	<1.0	8.0
Coles Pineapple Juice	175	9.8	9.0	<1.0	8.0
Coles Tomato Juice	105	5.1	3.9	-	295
Coles Tropical Juice	195	11.0	10.7	<1.0	8.0
Extra Juicy Burst Apple and Blackcurrant Juice Drink	81	4.6	4.5	<1.0	10.0
Extra Juicy Burst Orange and Mango Juice Drink	97	5.0	4.2	0.2	9.0
Extra Juicy Burst Tropical Juice Drink	80	4.4	3.9	0.2	9.0

Golden Circle Apple & Blackcurrant Juice	194	10.6	8.5	0.2	4.0
Golden Circle Apple & Mango Juice	205	11.7	10.8	0.1	4.0
Golden Circle Apple Juice	200	11.3	10.2	0.1	4.0
Golden Circle Apricot Nectar	275	15.8	14.3	-	2.0
Golden Circle Banana Mango Nectar	260	15.0	14.1	-	1.0
Golden Circle Breakfast Juice	192	10.6	8.8	0.2	3.0
Golden Circle Cranberry Fruit Drink	217	12.5	11.7	-	32
Golden Circle Golden Pash Fruit Drink	182	10.3	10.0	-	1.0
Golden Circle Guava Nectar	218	12.4	11.8	-	1.0
Golden Circle Mango Nectar Fruit Drink	218	12.3	12.2	-	1.0
Golden Circle Orange & Mango Juice	181	9.8	8.1	0.3	1.0
Golden Circle Orange Juice	173	9.3	7.6	0.2	1.0
Golden Circle Pear Nectar	220	12.6	11.9	-	1.0
Golden Circle Pear, Apple & Raspberry	187	10.5	8.5	-	4.0
Golden Circle Pine Coconut Fruit Drink	200	11.5	11.2	-	2.0
Golden Circle Pine Mango Fruit Drink	182	10.5	10.4	-	1.0
Golden Circle Pine Orange Fruit Drink	197	11.2	11.1	-	1.0
Golden Circle Pine Orange Juice	179	9.9	8.6	0.2	1.0
Golden Circle Pineapple Juice	240	13.6	13.6	-	1.0
Golden Circle Sunshine Punch Fruit Drink	201	11.4	11.2	-	1.0
Golden Circle Tomato Juice	100	4.0	2.6	1.1	179
Golden Circle Tropical Juice	186	10.3	8.7	0.3	1.0
Golden Circle Tropical Punch Fruit Drink	189	10.7	10.4	-	1.0
Juice Isle Tasmania Organic Apple Juice	155	8.5	7.5	-	<5.0
Juice Isle Tasmania Organic Orange Juice	165	8.0	7.4	-	4.0
Just Juice Apple	187	10.5	10.1	<1.0	8.0
Just Juice Apple & Blackcurrant	185	10.5	10.1	-	8.0
Just Juice Apple & Passionfruit					
Just Juice Breakfast					
Just Juice Orange (Unsweetened)	170	9.0	8.3	0.2	8.0
Just Juice Orange Mango	172	9.0	8.3	0.2	8.0
Just Juice Paradise Punch	182	9.9	9.3	0.2	8.0
Just Juice Tomato					
Mildura Apple and Guava Fruit Drink	156	9.2	8.9	-	8.0
Mildura Apple Fruit Drink	179	10.7	10.3	-	8.0
Mildura Orange Fruit Drink	170	10.0	9.6	-	8.0
Mildura Tropical Fruit Drink	156	9.2	8.9	-	8.0
Ocean Spray Cran-Blackcurrant	184	13.4	12.7	-	14.0
Ocean Spray Cran-Pomegranate	184	10.9	10.9	-	16.0
Ocean Spray Cran-Raspberry	184	11.4	11.4	-	14.0
Ocean Spray Cranberry and Blueberry	176	10.8	10.2	-	17
Ocean Spray Cranberry Classic	192	11.7	11.3	-	16.0

Ocean Spray Light Cranberry	33	2.0	2.0	-	16.0
Ocean Spray Low Sugar Cranberry Classic	21	1.2	1.2	-	10.0
Pure Harvest Organic Apple and Pear with Ginger	250	15	13	-	2.7
Pure Harvest Organic Apple	214	13.0	11.0	-	2.3
Pure Harvest Organic Apple and Cranberry	170	10.0	10.0	-	9.0
Pure Harvest Organic Apple and Pear	250	15	13.0	-	2.7
Pure Harvest Organic Apple and Raspberry	170	10	10	-	9
Pure Harvest Organic Orange	188	10.7	8.60	-	0.4
Ribena Blackcurrant Fruit Drink	177	10.2	10.2	-	<5.0
Smart Juice Body Fuel (orange, apple, pineapple, mango and passionfruit juice w/ added aloe vera and echinacea)	182	10.7	10.4	<1.0	8.0
Smart Juice Brain Power (apple, orange, banana, mango, passionfruit and lime juice w/ added guarana, ginseng and ginkgo)	201	11.8	11.5	<1.0	8.0
Smart Juice Energise (apple, grape, raspberry, cranberry and blueberry juice w/ added ginseng, wheatgrass and green tea)	201	11.8	11.5	<1.0	8.0
Spring Valley Mango and Banana Nectar	200	14.3	13.3	0.2	7.0
Sunraysia Cranberry Juice Drink	328	13.3	12.2	-	<5.0
Sunraysia Fruits of the Forest	184	10.7	9.4	-	5
Sunraysia Heart Beet Juice (beetroot and apple)	123	6.9	6.7	-	41.0
Sunraysia Organic Apple	160	8.4	8.4	-	4
Sunraysia Organic Apple and Blackcurrant	224	13.2	13.2	-	4
Sunraysia Organic Apple and Guava	246	10.1	9.1	-	4
Sunraysia Organic Apple and Mango	197	11.5	6.7	-	5
Sunraysia Organic Carrot, Orange and Apple Juice	186	10.7	7.3	-	24
Sunraysia Organic Mixed Vegetable and Apple Juice	175	10.0	8.0	-	5
Sunraysia Organic Orange	178	9.9	7.3	-	2
Sunraysia Organic Pomegranate Juice	163	9.4	8.2	-	5
Sunraysia Organic Prune Juice	308	17.8	8.4	-	3.1
Sunraysia Organic Tropical	173	11.4	8.2	-	2
V8 Apple Mango Fusion	201	11.2	10.2	0.2	20.0
V8 Breakfast Fusion	197	11.0	9.9	0.2	16.0
V8 Cranberry Apple Fusion	187	10.5	9.6	0.3	17.0
V8 Forest Fruits Fusion w/ Pomegranate	191	10.8	9.6	0.2	18.0
V8 Healthy Greens	165	8.3	6.0	-	33
V8 Orange Mango Passion Fusion	198	11.1	10.2	0.3	19.0
V8 Pineapple Passion Fusion	197	11.1	10.2	0.1	21.0
V8 Purple Power Vegetable and Fruit	165	8.8	7.5	-	37
V8 Tropical Fusion	181	9.9	9.6	0.3	16.0
V8 Vegetable Juice Hot and Spicy	96	4.0	2.8	1.4	288
V8 Vegetable Juice Low Sodium	89	3.6	2.6	1.4	98.0
V8 Vegetable Juice Original	90	3.7	2.6	1.3	241
Woolworths Apple and Blackcurrant Juice	188	11.0	9.4	<0.5	2.0

Woolworths Apple Juice	197	11.5	10.0	<0.5	3.0
Woolworths Essential Apple Fruit Drink	146	8.6	8.1	-	<5
Woolworths Essential Tropical Fruit Drink	141	8.2	7.3	-	<5
Woolworths Fruit Drink	170	10.0	9.7	-	<5
Woolworths Homebrand Apple and Blackcurrant Juice	194	11.3	9.8	<0.5	6.0
Woolworths Homebrand Orange Juice	172	9.4	7.8	<0.5	5.0
Woolworths Orange Juice	174	9.6	7.8	<0.5	2.0
Woolworths Select Breakfast Juice	183	10.5	7.9	<0.5	3.0
Woolworths Select Orange and Mango Juice	174	9.6	7.8	<0.5	2.0
Woolworths Select Orange and Passsionfruit Concentrate	152	8.8	7.9	-	<5

Chilled Juices	Energy (kj)	CHO (g)	Sugars (g)	Dietary Fibre (g)	Na (mg)
Berri Apple and Mango Juice	195	10.8	10.4	0.3	4.0
Berri Apple, Pear and Strawberry Juice	177	9.8	9.1	0.3	4.0
Berri Breakfast Juice	172	9.3	8.7	0.3	4.0
Berri Low Acid Pulp Free Orange Juice	166	8.9	8.1	0.2	4.0
Berri Orange Juice	166	8.9	8.1	0.2	4.0
Black Label Chilled Juice Apple and Forest Fruits	199	11.3	10.1	<1.0	4.0
Black Label Chilled Juice Apple Peach and Apricot	205	11.5	11.1	0.1	2.0
Black Label Chilled Juice Apple, Lime and Mint	200	11.3	10.0	<1.0	2.0
Black Label Chilled Juice Grapefruit	177	9.5	7.5	<1.0	6.0
Black Label Chilled Juice Orange	178	9.0	8.0	<1.0	7.0
Black Label Chilled Juice Orange Pulp Free	178	9.0	8.0	<1.0	7.0
Boost Energy Lift (apple, orange, mango, pineapple w/ Vit A and C)	185	10.6	10.6	-	8.0
Boost Green Recovery Juice (apple, orange, kiwi, pineapple w/ wheatgrass and spirulina)	185	10.4	10.4	-	7.0
Boost Wildberry (apple, orange, blueberries, banana)	190	10.9	10.8	-	8.0
Cawston Press Apple and Elderflower	184	10.2	9.7	-	0.5
Cawston Press Apple and Ginger	186	10.3	9.8	-	0.5
Cawston Press Apple and Rhubarb	193	9.7	9.2	-	0.4
Cawston Press Beetroot	180	9.3	9.3	-	0.9
Charlie's Fruit Fix Berry and Acai	196	10.8	10.1	<1.0	5.0
Charlie's Fruit Fix Mango and Coconut	187	9.6	8.9	<1.0	4.0
Charlie's Fruit Fix Spirulina	236	13.3	11.7	<1.0	4.0
Charlie's Honest Squeeze Apple Juice	191	12.0	11.7	-	4.0
Charlie's Honest Squeeze Apple, Honey, Lemon and Ginger	170	9.3	9.2	-	6.0
Charlie's Honest Squeeze Orange Juice	182	10.0	9.4	-	7.0
Charlie's Honest Squeeze Orange Juice Plus Fibre	185	9.8	7.8	0.9	4.0
Charlie's Lemonade Quencher	190	10.9	10.9	-	3.0
Charlie's Mandarin and Lime Quencher	180	9.7	9.7	-	1.0
Charlie's Mango Orange Quencher	190	10.9	10.9	-	3.0
Charlie's Raspberry Lemonade Quencher	193	10.8	10.8	-	3.0

Charlie's The Skinny One Orange Juice	85	3.7	3.7	-	2.0
Charlie's The Skinny One Tropical Juice	80	3.8	3.8	-	2.0
Charlie's White Peach and Passionfruit Quencher	192	10.9	10.9	-	3.0
Coles Cloudy Apple Juice	188	10.4	10.1	0.2	5.0
Coles Finest Cloudy Apple Juice	198	10.7	10.3	<1.0	8.0
Coles Finest Orange Juice	174	9.4	9.1	<1.0	<5.0
Coles Orange and Mango Fruit Drink	180	10.5	10.1	-	8.0
Coles Orange and Mango Juice	174	8.9	8.7	0.8	6.0
Coles Orange Fruit Drink	180	10.3	9.8	-	8.0
Coles Orange Juice	160	8.0	6.8	0.2	5.0
Eastcoast Orange Juice	144	11.1	9.3	-	19
Emma & Tom's Life Juice Carrot Top (cloudy apple, carrot and ginger)	170	9.9	7.6	<1.0	18.0
Emma & Tom's Life Juice Cloudy Apple	207	10.6	10.6	<1.0	3.0
Emma & Tom's Life Juice Coconut and Pineapple	128	7.3	7.3	<1.0	10.0
Emma & Tom's Life Juice Extreme C (apple, guava, orange, strawberry and acerola berry w/ rosehip)	183	9.4	9.4	1.3	3.0
Emma & Tom's Life Juice Green Power (apple, banana, passionfruit, plum and lemon w/ green botanicals)	239	12.0	10.7	1.7	5.0
Emma & Tom's Life Juice Karmarama (orange, pineapple, mango, banana and passionfruit w/ Korean and Siberian ginseng)	227	11.9	11.5	1.6	3.0
Emma & Tom's Life Juice Radical Action (apple, peach, orange, mango and blackberry w/ elderberry, green tea and grape seed extract)	166	8.9	8.9	1.5	6.0
Emma & Tom's Life Juice Straight OJ	175	7.6	7.6	2.5	1.0
Grove Apple and Ginger Juice	157	9.1	8.8	-	8.0
Grove Apple, Mandarin and Passion fruit Juice	197	9.6	9.6	-	<5.0
Grove Cloudy Apple Juice	180	10.6	10.3	-	9
Grove Five Fruits Juice (Apple, orange, pineapple, mango, passionfruit)	173	8.5	8.5	-	5
Grove Mandarin Juice	182	8.3	8.3	-	2
Grove Orange Juice (Pulp Free)	174	9.4	9.1	-	<5.0
Grove Orange Juice (With Pulp)	174	9.4	9.1	-	<5.0
Grove Premium Apple and Guava Juice	199	11.0	11.0	-	10
Grove Premium Cloudy Apple Juice	200	11.1	10.9	-	9.0
Grove Premium Cranberry Juice	206	12.1	12.1	-	2.0
Grove Premium Lemon Juice	93	4.6	4.6	-	3.0
Grove Premium Pear Juice	169	9.4	9.4	-	2.0
Grove Premium Pineapple Juice	193	10.3	10.3	-	1.0
Grove Premium Tomato Juice	89	4.3	3.3	-	287
Impressed Cold Pressed Juices; Ginger Ninja (carrot, apple, ginger, tumeric)	177	7.2	6.7	0.1	43
Impressed Cold Pressed Juices; Summer Greens (spinach, pineapple, kale, apple, cucumber, mint)	132	6.4	6.0	0.1	2.0
Impressed Cold Pressed Juices; The Works (celery, kale, apple, cucumber, parsley, fennel, lemon)	122	5.3	4.9	0.1	20

Impressed Easy Greens Juice	136	7.7	7.2	0.3	6.0
Impressed Ginger Ninga Juice	177	7.2	6.7	0.1	43
Impressed Jack Rose Juice	184	10.3	8.9	0.5	0.8
Impressed Sergeant Pepper Juice	83	11.2	10.0	0.5	1.0
Impressed Summer Greens Juice	132	6.4	6.0	0.1	2.0
Impressed Sunny Side Up Juice	162	9.6	8.2	0.1	6.0
Impressed The Works Green Juice	122	5.3	4.9	0.1	20
Impressed Unearthed Juice	154	6.1	5.8	0.5	41
Jive Juice Apple Carrot and Ginger	181	10.1	7.9	-	25
Jive Juice Banana and Mango	247	13.8	12.9	-	90
Mildura Apple and Guava	172	10.0	9.7	-	8.0
Mildura Orange and Mango Juice	180	10.5	10.1	-	8.0
Mildura Orange and Passionfruit Juice	170	9.9	9.4	-	8.0
Mildura Orange Juice	180	10.6	10.1	-	8.0
Mildura Tropical Juice	168	9.9	9.5	-	8.0
Nudie Nothing But Aloha Blend (Mango, Passion fruit, pineapple and apple)	187	11.4	10.8	-	0.8
Nudie Nothing But Apples (Cloudy Apple Juice)	211	12.3	10.8	<1.0	<5.0
Nudie Nothing But Apples and Blackcurrant Juice	213	12.1	10.7	<1.0	<5.0
Nudie Nothing But Apples, Oranges and Mangoes Juice	215	11.7	10.5	<1.0	<5.0
Nudie Nothing But Carrot, Apple, Orange and Ginger	172	9.3	8.1	<1.0	<5.0
Nudie Nothing But N9	93	5.5	4.8	-	4.8
Nudie Nothing But Oranges Juice Pulp Free	180	10	7.6	<1.0	<5.0
Nudie Nothing But Oranges Juice with Pulp	180	10	7.6	<1.0	<5.0
Nudie Nothing But Pineapple and Mint Juice	203	10.5	10.5	<1.0	<5.0
Nudie Nothing But Summer Goodness (Watermelon, Lychee, Pear and Lime)	171	9.8	9.8	-	5.7
Nudie Nothing But Tropical Breakfast Juice	235	11.1	9.9	<1.0	<5.0
Nudie Nothing But Veggies (Beetroot, apple, carrot, pineapple and mint)	156	8.5	7.7	<1.0	35
Nudie Nothing but Veggies (Carrot, apple, orange and ginger)	172	9.3	8.1	<1.0	19
Only Juice Company Fruit Drink	166	9.5	9.5	-	1.5
Only Juice Company Orange Juice	164	8.7	8.6	<1.0	8.0
Only Juice Company Orange Mango Fruit Drink	175	10.0	10.0	-	1.5
Only Juice Company Orange Passio Fruit Drink	162	9.2	9.2	-	1.5
Orchy Orange and Passionfruit Juice	170	8.8	6.6	0.3	28.0
Pom Wonderful Pomegranate and Blueberry Juice	267	16.0	13.0	-	6.0
Pom Wonderful Pomegranate Juice	267	16.0	14.0	-	0.0
Preshafruit Cold Pressed Granny Smith Apple Juice	176	10.6	10.6	-	9.0
Preshafruit Cold Pressed Pink Lady Apple Juice	158	9.5	9.5	-	8.0
Preshafruit Cold Pressed Royal Gala Apple Juice	158	9.5	9.5	-	8.0
Pure Tassie Apple and Blueberry Juice	155	8.5	7.5	-	<5.0
Pure Tassie Apple and Raspberry Juice	155	8.5	7.5	-	<5.0
Pure Tassie Apple Juice	155	8.5	7.5	-	<5.0
Real Wholesome Blends Black carrot and more	167	9.2	8.6	0.2	14

Real Wholesome Blends Juice Celery and more	133	7.5	7.2	0.1	8.0
Real Wholesome Blends Juice Mango and more	168	9.0	8.6	0.4	15
Real Wholesome Blends Juice red capsicum and more	143	7.3	6.8	0.5	15
Real Wholesome Blends Juice Spinach and more	126	6.8	6.4	0.2	23
The Daily Juice Company Apple Juice	185	10.4	10.1	<1.0	8.0
The Daily Juice Company Breakfast Juice	162	9.7	9.1	0.2	8.0
The Daily Juice Company Classic Orange Juice	166	8.9	8.2	0.2	8.0
The Daily Juice Company Five Fruits	175	9.6	9.1	0.2	8.0
The Daily Juice Company Orange and Mango Juice	162	9.2	8.5	0.3	8.0
The Daily Juice Company Pulp Free Orange Juice	153	9.0	8.3	0.2	8.0
The Juice Lab Gimme Green Pressed Juice	192	10.2	9.9	-	4.0
The Juice Lab Love Potion Pressed Juice	183	10.3	10.2	-	1.0
The Juice Lab Rise and Shine Pressed Juice	180	9.5	8.0	-	8.0
Woolworths Homebrand Apple Juice	177	9.7	9.2	<0.1	9.0
Woolworths Homebrand Orange and Mango Fruit Drink	180	10.5	10.1	-	8.0
Woolworths Homebrand Orange Fruit Drink	180	10.3	9.8	-	8.0
Woolworths Homebrand Orange Juice	154	8.1	8.1	<1.0	9.0

Juice Concentrate					
Juice Country Orange and Mango	150	8.6	6.8	-	<5.0
Juice Country Orange	149	8.6	6.8	-	<5.0
Coles Orange and Mango	165	9.4	8.0	-	20.0
Coles Orange	164	9.3	8.6	-	11.0
Woolworths Select Orange and Passionfruit	152	8.8	7.9	-	<5.0
Woolworths Select Orange and Mango	150	8.6	6.8	-	<5.0

*List compiled by Stacey Beech and Zoe Lucock
Updated by Talia Woodward*