Calorie chart: fruit juices (PDF)

Calories, protein, carbohydrate and fat for 165 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Acerola Juice	1 fl oz (30.2 g)	7	**23**	0.4	4.8	0.3
Apple and Grape Juice Blend	8 fl oz (250 g)	125	**50**	0.2	12.5	0.1
Apple Grape and Pear Juice Blend	8 fl oz (250 g)	130	**52**	0.2	13	0.1
Apple Juice	1 cup (248 g)	114	**46**	0.1	11.3	0.1
Apple Juice Concentrate No Added Vitamin C	1 can (6 fl oz) (211 g)	350	**166**	0.5	41	0.4
Apple Juice Concentrate with Vitamin C	1 can (6 fl oz) (211 g)	350	**166**	0.5	41	0.4
Apple Juice from Concentrate No Vitamin C	1 fl oz (29.9 g)	14	**47**	0.1	11.5	0.1
Apple Juice from Concentrate with Vitamin C	1 fl oz (29.9 g)	14	**47**	0.1	11.5	0.1
Apple Juice No Added Vitamin C	1 fl oz (31 g)	14	**46**	0.1	11.3	0.1
Apple Juice with Added Calcium & Potassium	6 fl oz (177 g)	85	**48**	0.1	11.5	0.2
Apricot Nectar	1 fl oz (30.4 g)	17	**56**	0.2	13.6	0.5
Blackberry Juice	1 cup (250 g)	95	**38**	0.3	7.8	0.6
Bolthouse Farms Berry Boost Smoothie	1 cup (252 g)	116	**46**	0.6	10.9	0
Bolthouse Farms Green Goodness Smoothie	1 cup (230 g)	129	**56**	0.6	13	0.3
Bolthouse Farms Strawberry Banana Smoothie	1 cup (233 g)	121	**52**	0.4	12.4	0.3
Bottled Lemon Juice	1 tbsp (15 g)	3	**17**	0.5	5.6	0.1
Bottled Lime Juice	1 fl oz (30.8 g)	6	**21**	0.3	6.7	0.2
Canned Fruit Punch Drink	1 fl oz (31 g)	15	**47**	0	11.9	0
Canned Grape Drink	1 fl oz (31.3 g)	19	**61**	0	15.7	0
Canned Grape Juice Drink	1 fl oz (31.3 g)	18	**57**	0	14.6	0
Canned Orange Drink with Vitamin C	1 fl oz (31 g)	15	**49**	0	12.3	0.1
Canned Orange Juice	1 fl oz (31.1 g)	15	**47**	0.7	11	0.2
Citrus Juice Drink from Concentrate	1 fl oz (31 g)	14	**46**	0.3	11.4	0
Concord Bottled Lemon Juice	1 tbsp (15 g)	4	**24**	0.4	5.4	0.1
Cranberry Cocktail from Concentrate	1 fl oz (29.6 g)	14	**47**	0	11.8	0
Cranberry Cocktail Frozen Concentrate	1 fl oz (36.2 g)	73	**201**	0.1	51.5	0
Cranberry Juice	1 cup (253 g)	116	**46**	0.4	12.2	0.1
Cranberry Juice Blend 100% Juice	6.75 fl oz (200 g)	90	**45**	0.3	10.9	0.1
Cranberry Juice Cocktail	1 cup (8 fl oz) (253 g)	137	**54**	0	13.5	0.1
Cranberry Juice Cocktail Drink	1 cup (271 g)	141	**52**	0	12.3	0.3
Cranberry-Apple Juice Drink	1 fl oz (30.6 g)	19	**63**	0	15.9	0.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Cranberry-Apricot Juice Drink	1 fl oz (30.6 g)	20	**64**	0.2	16.2	0
Cranberry-Grape Juice Drink	1 fl oz (30.6 g)	17	**56**	0.2	14	0.1
Fortified Acai Berry Drink	8 fl oz (266 g)	165	**62**	0.8	12.8	0.8
Fortified Orange Breakfast Drink	1 fl oz (31.6 g)	17	**53**	0	13.2	0
Fresh Orange Juice	1 cup (248 g)	112	**45**	0.7	10.4	0.2
Fresh Pink Grapefruit Juice	1 cup (247 g)	96	**39**	0.5	9.2	0.1
Fresh Tangerine Juice	1 fl oz (30.9 g)	13	**43**	0.5	10.1	0.2
Fresh White Grapefruit Juice	1 fl oz (30.9 g)	12	**39**	0.5	9.2	0.1
Frozen Citrus Juice Drink Concentrate	1 fl oz (35.2 g)	57	**162**	1.2	40.2	0.1
Frozen Fruit Punch Drink Concentrate	1 fl oz (34.8 g)	56	**162**	0.2	41.4	0
Frozen Fruit Punch Juice Concentrate	1 fl oz (35.2 g)	62	**175**	0.3	43.1	0.7
Frozen Orange-Flavor Drink Concentrate	1 fl oz (35.3 g)	61	**172**	0.1	42.9	0.5
Frozen Pink Lemonade Concentrate	1 fl oz (36.4 g)	70	**192**	0.2	48.9	0.7
Frozen White Lemonade Concentrate	1 fl oz (36.5 g)	72	**196**	0.2	49.9	0.7
Fruit Drink No Added Vitamin C	1 cup (8 fl oz) (238 g)	152	**64**	0	16	0
Fruit Flavored Drink with Vitamin C	1 cup (8 fl oz) (238 g)	64	**27**	0	6.7	0
Fruit Juice Drink with Added Thiamin	8 fl oz (237 g)	128	**54**	0.1	13.2	0
Fruit Juice Drink with Vitamin C	1 cup (8 fl oz) (238 g)	109	**46**	0.1	11.4	0.1
Fruit Punch	1 cup (8 fl oz) (248 g)	119	**48**	0	12	0
Fruit Punch Drink from Concentrate	1 fl oz (30.9 g)	14	**46**	0.1	11.7	0
Fruit Punch Juice Drink Prepared	1 fl oz (29.3 g)	12	**42**	0.1	11.4	0.2
Fruit Punch Powder Drink Prepared	1 fl oz (32.7 g)	12	**37**	0	9.5	0
Fuze Orange Mango	1 bottle (500 g)	190	**38**	0.7	9.2	0.1
Grape Juice	1 cup (253 g)	152	**60**	0.4	14.8	0.1
Grape Juice No Added Vitamin C	1 fl oz (31.6 g)	19	**60**	0.4	14.8	0.1
Grape Juice with Vitamin C & Calcium	1 fl oz (31.6 g)	20	**62**	0.4	14.8	0.1
Grapefruit Juice	8 fl oz (246 g)	91	**37**	0.6	7.5	0.7
Grapefruit Juice Concentrate	1 can (6 fl oz) (207 g)	302	**146**	2	34.6	0.5
Grapefruit Juice from Concentrate	1 fl oz (30.9 g)	13	**41**	0.6	9.7	0.1
Guanabana Nectar	1 cup (251 g)	148	**59**	0.1	14.9	0.2
Guava Nectar	1 cup (251 g)	158	**63**	0.1	16.3	0.1
Guava Nectar with Sucralose	11.3 fl oz (335 g)	161	**48**	0.3	13.3	0.1
Hi-C Flashin' Fruit Punch	6.75 fl oz (200 g)	90	**45**	0	12.5	0
Kiwi Strawberry Juice Drink	16 fl oz (473 g)	222	**47**	0	12.3	0
Lemon Juice	1 fl oz (30.5 g)	7	**22**	0.4	6.9	0.2
Lemonade	1 cup 8 fl oz (247 g)	99	**40**	0.1	10.4	0

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Lemonade Powder	1 cup (218 g)	820	**376**	0	97.6	1.1
Lemonade Powder Prepared with Water	1 fl oz (33 g)	5	**14**	0	3.6	0
Lemonade-Flavor Drink Powder	1 serving (18 g)	68	**380**	0	97.9	1
Lemonade-Flavor Drink Prepared	1 fl oz (31.8 g)	9	**27**	0	6.9	0.1
Light Apple Juice Drink with Vitamin C	8 fl oz (240 g)	53	**22**	0	5.1	0.1
Light Cranberry-Apple Juice Drink	1 cup (8 fl oz) (240 g)	46	**19**	0.1	4.7	0
Light Lemonade Juice Drink	8 fl oz (240 g)	50	**21**	0	5	0
Light Orange Juice No Pulp	8 fl oz (240 g)	50	**21**	0.2	5.4	0
Lime Juice	1 fl oz (30.8 g)	8	**25**	0.4	8.4	0.1
Limeade from Frozen Concentrate	1 fl oz (30.9 g)	16	**52**	0	13.8	0
Low Calorie Cranberry Juice Cocktail	1 fl oz (29.6 g)	6	**19**	0	4.6	0
Low Calorie Orange Breakfast Drink Mix	1 portion, amount of dry mix to make 8 fl oz prepared (2.5 g)	5	**217**	3.6	85.9	0
Mango Nectar	1 cup (251 g)	128	**51**	0.1	13.1	0.1
Minute Maid Lemonade	8 fl oz (240 g)	110	**46**	0	12.1	0
Minute Maid Limeade	8 fl oz (240 g)	120	**50**	0	13.8	0
Mott's Light Apple Juice	100 g	22	**22**	0	5.1	0.1
Naked Juice Blue Machine Smoothie	8 fl oz (240 g)	170	**71**	0.4	16.7	0
Naked Juice Green Machine Smoothie	1 cup (275 g)	146	**53**	0.6	12.5	0.3
Naked Juice Mighty Mango Smoothie	8 fl oz (240 g)	151	**63**	0.4	15	0
Naked Juice Strawberry Banana Smoothie	1 cup (228 g)	114	**50**	0.5	11.7	0.3
Ocean Spray Cran-Cherry	8 fl oz (248 g)	114	**46**	0.2	12.8	0
Ocean Spray Cran-Energy	1 can (250 g)	38	**15**	0	3.8	0
Ocean Spray Cran-Grape	8 fl oz (240 g)	130	**54**	0.2	13.2	0
Ocean Spray Cran-Lemonade	8 fl oz (247 g)	111	**45**	0.1	11.1	0
Ocean Spray Cran-Pomegranate	8 fl oz (248 g)	117	**47**	0.1	12.6	0
Ocean Spray Cran-Raspberry	8 fl oz (248 g)	122	**49**	0.3	12	0
Ocean Spray Cranberry-Apple	8 fl oz (249 g)	139	**56**	0.3	13.7	0
Ocean Spray Diet Cran-Cherry	8 fl oz (237 g)	9	**4**	0.2	0.7	0
Ocean Spray Diet Cranberry Juice	8 fl oz (237 g)	9	**4**	0.1	0.8	0
Ocean Spray Light Cranberry	8 fl oz (248 g)	47	**19**	0.2	4.7	0
Ocean Spray Light Cranberry Grape	8 fl oz (248 g)	57	**23**	0.4	5.8	0
Ocean Spray Light Cranberry Raspberry	8 fl oz (242 g)	63	**26**	0.7	5.8	0
Ocean Spray Ruby Red Cranberry	8 fl oz (227 g)	102	**45**	0.1	11.6	0
Ocean Spray Ruby Red Grapefruit Juice Blend	8 fl oz (248 g)	109	**44**	0.5	10.5	0.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Ocean Spray White Cranberry Peach	8 fl oz (247 g)	111	**45**	0.1	11.9	0
Ocean Spray White Cranberry Strawberry	8 fl oz (247 g)	121	**49**	0.2	12	0
Ocean Spray White Grapefruit Juice	8 fl oz (246 g)	91	**37**	0.5	7.5	0.6
Odwalla Original Superfood Smoothie	1 cup (227 g)	114	**50**	0.6	11.5	0.4
Odwalla Strawberry Banana Smoothie	1 cup (233 g)	112	**48**	0.5	11.1	0.3
Orange and Apricot Juice Drink	1 fl oz (31.2 g)	16	**51**	0.3	12.7	0.1
Orange Breakfast Drink Concentrate	1 fl oz (36.3 g)	56	**153**	0.4	39	0
Orange Breakfast Drink Prepared	1 fl oz (31.3 g)	14	**45**	0.1	11.3	0
Orange Juice	1 cup (249 g)	122	**49**	0.7	11.5	0.1
Orange Juice Concentrate	1 fl oz (33 g)	49	**148**	2.4	35.2	0.3
Orange Juice Concentrate with Calcium	1 fl oz (33 g)	49	**147**	2.4	33.9	0.3
Orange Juice Drink	1 fl oz (31.1 g)	17	**54**	0.2	13.4	0
Orange Juice from Concentrate	1 fl oz (31.1 g)	12	**37**	0.6	8.8	0.1
Orange Juice from Concentrate with Calcium	1 fl oz (31.1 g)	12	**37**	0.6	8.5	0.1
Orange Juice with Calcium	1 fl oz (31.1 g)	15	**47**	0.7	11.3	0.1
Orange Juice with Calcium & Vitamins A/D/E	1 fl oz (31.1 g)	15	**49**	0.7	11.5	0.1
Orange Juice with Calcium and Vitamin D	1 fl oz (31.1 g)	15	**47**	0.7	11.3	0.1
Orange Pineapple Juice Blend	8 fl oz (246 g)	125	**51**	0.4	12.2	0.1
Orange-Flavor Breakfast Drink Powder	1 serving 2 tbsp (26 g)	100	**386**	0	98.9	0
Orange-Flavor Breakfast Drink Prepared	1 fl oz (33.9 g)	17	**49**	0	12.7	0
Orange-Flavor Drink from Concentrate	1 fl oz (31 g)	15	**49**	0	12.2	0.1
Orange-Grapefruit Juice	1 fl oz (30.9 g)	13	**43**	0.6	10.3	0.1
Papaya Nectar	1 fl oz (31.2 g)	18	**57**	0.2	14.5	0.2
Peach Nectar	1 cup (220 g)	110	**50**	0.2	11.9	0.5
Peach Nectar with Sucralose	1 cup (258 g)	126	**49**	0.1	11.6	0.6
Pear Nectar	1 fl oz (31.2 g)	19	**60**	0.1	15.8	0
Pear Nectar with Vitamin C	1 fl oz (31.2 g)	19	**60**	0.1	15.8	0
Pineapple Grapefruit Juice Drink	1 fl oz (31.3 g)	15	**47**	0.2	11.6	0.1
Pineapple Juice	1 cup (250 g)	133	**53**	0.4	12.9	0.1
Pineapple Juice Concentrate	1 can (6 fl oz) (216 g)	387	**179**	1.3	44.3	0.1
Pineapple Juice from Concentrate	1 fl oz (31.2 g)	16	**51**	0.4	12.7	0
Pineapple Juice No Added Vitamin C	1 fl oz (31.3 g)	17	**53**	0.4	12.9	0.1
Pineapple Juice with Vitamins A C and E	1 fl oz (31.3 g)	16	**50**	0.4	12.2	0.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Pineapple Orange Juice Drink	1 fl oz (31.3 g)	16	**50**	1.3	11.8	0
Pink Grapefruit Juice with Calcium	8 fl oz (240 g)	94	**39**	0.5	7.7	0.7
Pink Lemonade from Frozen Concentrate	1 fl oz (30.9 g)	13	**43**	0.1	10.8	0.2
Pomegranate Juice	1 cup (249 g)	134	**54**	0.2	13.1	0.3
Prune Juice	1 cup (256 g)	182	**71**	0.6	17.5	0
Purple Passion Fruit Juice	1 fl oz (30.9 g)	16	**51**	0.4	13.6	0.1
Raspberry Juice Concentrate	100 g	221	**221**	3	53.2	1.3
ReaLemon Bottled Lemon Juice	1 tbsp (15 g)	3	**17**	0.5	5.7	0.1
Reduced Sugar Fruit Drink with Calcium	8 fl oz (240 g)	70	**29**	0	6.7	0.4
Reduced Sugar Fruit Juice Drink	1 container (209 g)	82	**39**	0	10	0.1
Sweetened Grapefruit Juice	1 fl oz (31.2 g)	14	**46**	0.6	11.1	0.1
Tamarind Nectar	1 cup (251 g)	143	**57**	0.1	14.7	0.1
Tart Cherry Juice	1 cup (269 g)	159	**59**	0.3	13.7	0.5
Tropical Punch Drink	1 NLEA serving (210 g)	21	**10**	0	2.5	0
V8 Splash Berry Blend	1 serving 8 oz (243 g)	70	**29**	0	7.4	0
V8 Splash Diet Berry Blend	8 fl oz (243 g)	10	**4**	0	1.2	0
V8 Splash Diet Fruit Medley	1 serving 8 oz (238 g)	10	**4**	0	1.3	0
V8 Splash Diet Strawberry Kiwi	1 serving (238 g)	10	**4**	0	1.3	0
V8 Splash Diet Tropical Blend	1 serving 8 oz (238 g)	10	**4**	0	1.3	0
V8 Splash Fruit Medley	1 serving 8 oz (243 g)	80	**33**	0	7.8	0
V8 Splash Guava Passion Fruit	1 serving 8 oz (243 g)	80	**33**	0	7.8	0
V8 Splash Mango Peach	1 serving 8 oz (243 g)	80	**33**	0	8.2	0
V8 Splash Orange Pineapple	1 serving 8 oz (243 g)	70	**29**	0	7.4	0
V8 Splash Orchard Blend	1 serving 8 oz (243 g)	80	**33**	0	7.8	0
V8 Splash Smoothie Peach Mango	1 serving 8 oz (245 g)	91	**37**	1.2	7.8	0
V8 Splash Smoothie Strawberry Banana	1 serving 8 oz (245 g)	91	**37**	1.2	8.2	0
V8 Splash Smoothie Tropical Colada	1 serving 8 oz (246 g)	101	**41**	1.2	8.5	0
V8 Splash Strawberry Banana	1 serving 8 oz (243 g)	70	**29**	0	7.4	0
V8 Splash Strawberry Kiwi	1 serving 8 oz (243 g)	70	**29**	0	7.4	0
V8 Splash Tropical Blend	1 serving 8 oz (243 g)	70	**29**	0	7.4	0
Yellow Passion Fruit Juice	1 fl oz (30.9 g)	19	**60**	0.7	14.5	0.2

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/fruit-juices/