



MOTT'S FOR TOTS

Juice Developed with Kids in Mind

Mott's for Tots is a delicious blend of fruit juice and purified water that contains 40 percent less sugar than 100% apple juice.* A recent study showed that moms of children between the ages of one and six years old dilute their kids' juice with water to reduce sugar¹. Mott's for Tots was created to provide a convenient way to serve a great tasting apple juice with less sugar.*

Delicious and Nutritious

Mott's for Tots has 100% of the Daily Value (DV) for vitamin C and contains no artificial sweeteners. It is available in single serve juice boxes as well as convenient 64-ounce bottles, which allows easy transport from the fridge straight to the sippy cup.

Juice as Part of a Healthy Diet

MyPyramid for Preschoolers recommends limiting juice intake for preschoolers to 1/2 cup to 3/4 cup (4 to 6 ounces) of juice a day². Mott's for Tots is a convenient, pre-diluted juice made of 100% juice and purified water.

Varieties

Mott's for Tots is available in 6.75-ounce juice boxes in nine-packs in Apple, Apple White Grape, Fruit Punch and Strawberry Banana. Sixty-four-ounce multi-serve bottles are available in Apple, Apple White Grape and Fruit Punch.

Eating fruit provides a variety of health benefits. Fruits contain many vitamins and minerals that help children and adults stay healthy. People who eat more fruits and vegetables in an overall healthy diet have lower risks of some chronic diseases³. MyPyramid recommends people choose a variety of fruits². Mott's offers a number of products to help people of all ages meet their daily recommended fruit requirements.

REFERENCES:

- Smarty Pants Study, conducted March 2006
 - United States Department of Agriculture, 2005. Available at: <http://mypyramid.gov>
 - United States Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines>
- * A 200 mL juice box provides 13g sugar, 50-60 calories; an equal serving of 100% apple juice has 23g sugar, 100 calories.

APPLE

CONTAINS 54% JUICE

Nutrition Facts

Serving Size
1 Container (200 mL)

Calories 50
Calories From Fat 0

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

INGREDIENTS: PURIFIED WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), NATURAL FLAVORS.

Amount/Serving	% Daily Value*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Sugars 13g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

Not a significant source of saturated fat, trans fat and dietary fiber.

APPLE WHITE GRAPE

CONTAINS 53% JUICE

Nutrition Facts

Serving Size
1 Container (200 mL)

Calories 50
Calories From Fat 0

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

INGREDIENTS: PURIFIED WATER, APPLE AND WHITE GRAPE JUICE CONCENTRATES, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C).

Amount/Serving	% Daily Value*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Sugars 13g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

Not a significant source of saturated fat, trans fat and dietary fiber.

FRUIT PUNCH

CONTAINS 53% JUICE

Nutrition Facts

Serving Size
1 Container (200 mL)

Calories 60
Calories From Fat 0

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

INGREDIENTS: PURIFIED WATER, APPLE, WHITE GRAPE, CONCORD GRAPE AND CHERRY JUICE CONCENTRATES, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C).

Amount/Serving	% Daily Value*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Sugars 13g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

Not a significant source of saturated fat, trans fat and dietary fiber.

STRAWBERRY BANANA

CONTAINS 47% JUICE

Nutrition Facts

Serving Size
1 Container (200 mL)

Calories 50
Calories From Fat 0

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

INGREDIENTS: PURIFIED WATER, APPLE AND WHITE GRAPE JUICE CONCENTRATES, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C).

Amount/Serving	% Daily Value*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Sugars 13g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

Not a significant source of saturated fat, trans fat and dietary fiber.



Tip from
MyPyramid

Set a good example for children by eating fruit every day with meals or as a snack².