

## **FUEL UP WITH ALL FORMS**

### **100% JUICE SOCIAL MEDIA POSTS**

The whole truth about 100% juice: <http://ow.ly/yCAcL>

#MyPlate guidelines recommend water, low-fat/fat-free milk or 100% juice instead of sugar-added beverages.

Do u juice? 100% veggie juice is a tasty & convenient way to reach your daily nutrition goals. See the research: <http://ow.ly/yCA48>

#TipoftheDay -- fruits & veggies are naturally low in sodium. Use citrus juice or herbs for seasoning them and other foods.

100% juice or whole fruit? How about BOTH! See how 100% juice can be an asset to your healthy diet: <http://ow.ly/yCApm>

Freeze 100% juice into ice cube trays for tasty ice pops and add to water for a refreshing flavored water.

Be sure to read your labels! Not all juice is the same --> look for 100% juice in the list of ingredients.

A delight that's oh so right! Orange and apple juice get frothy with bananas for this Orange Delight Juice: <http://ow.ly/yCARf>

Impress your fam with these Grape Infused Beef Kebobs using @Welchs 100% grape juice in the marinade: <http://ow.ly/ys8Px>

#TipOftheDay --> Buy 100% juice as frozen concentrate. It is less expensive than the carton variety and takes up less storage space.

Thirsty for a dream? This tangy Orange Cooler will have you feeling refreshed and relaxed: <http://ow.ly/ytUWe>

#TipoftheDay For a refreshing summer treat, freeze 100% juice to make healthy popsicles or add juice to sparkling water for a tasty twist.

The end result of this recipe is a refreshing glass of Vitamin C! See how easy it is to make Guava Juice at home: <http://ow.ly/yCABb>