

HEALTHY JUICE DRINK ANALYSIS

ORANGE	Approximately 80 Kcals. Approximately 18 grams of sugar. Approximate serving size 200ml
TOMATO	Approximately 44 Kcals. Approximately 7 grams of sugar. Approximate serving size 200ml
CRANBERRY	Approximately 80 Kcals. Approximately 18 grams of sugar. Approximate serving size 200ml
MANGO & APPLE	Approximately 86 Kcals. Approximately 20 grams of sugar. Approximate serving size 200ml

Whilst WABBA do not in any way advocate the prolonged use of a low or zero carb diet, we do recognise that some client profiles may benefit from such a days menu.