

Factsheet

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products
we're proud of

Tropicana and Copella – Nutrition

Tropicana and Copella make fruit juices and smoothies with no added sugar or additives. Each juice or smoothie is a convenient way to boost daily fruit intake.

Fruit and a healthy, balanced diet

Fruits and vegetables provide our bodies with vital nutrients such as vitamins, minerals and other beneficial components, as well as dietary fibre. No Tropicana or Copella juices or smoothies contain any added sugar – only the sugars that occur naturally in the fruit.

In the UK, the Government recommends that each person consumes at least five portions of a variety of fruit and vegetables every day.



Tropicana and Copella juices

Tropicana and Copella juices are made using pure squeezed fruit – never from concentrate – and contain no added sugar and no artificial flavours, preservatives, colours or sweeteners.

Just 250ml of Tropicana or Copella juice is the equivalent of one portion of fruit.

Tropicana Smoothies

Tropicana smoothies are made from 100% high quality fruit ingredients.

One 250ml serving provides the equivalent of two portions of fruit, as they contain one or more portions of fruit purée as well as juice from a variety of fruits. This makes them a delicious and convenient way to boost fruit intake.

The Tropicana Nutrition Institute

The Tropicana Nutrition Institute, based in the USA, is dedicated to sharing information and expanding knowledge on fruit, vegetable and juice nutrition.

The Institute brings together a global network of nutrition experts to provide health professionals and consumers with research, educational programmes and information on emerging nutrition science as it relates to fruit.

Labelling

All Tropicana and Copella products have a front-of-pack Guideline Daily Amount (GDA) label.

This label shows the amount of energy and key nutrients provided in a portion of the product, and the contribution they make to the GDA for that nutrient, making it easier for consumers to make informed decisions about a healthy, balanced diet.

Did you know...

... Fruits contain different kinds of sugars, including fructose, glucose and sucrose. Apples contain more fructose than glucose or sucrose, unlike apricots, which contain more sucrose.