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I probably haven't had apple juice since I was a little kid. It's a staple among snacks mothers hand out to their children. But, other than habit, why do we do it?

First off, apple juice tastes good. But it also contains polyphenols (antioxidants thought to fight cancer). It's also a good source of iron, potassium and many brands are fortified with vitamin C and other vitamins.

Apple juice isn't just for kids. There are only 117 calories in an 8 ounce serving making this healthy drink a guilt free way to boost your energy in the afternoons.

I found this great website that is full of nutritional information for grown ups and fun and games for kids. Click on the link below to learn more about apple juice and print out some apple coloring pages for your kids.

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