

JUICE



VS

INSTANT COFFEE



5 mg	Vitamin B3	0.236 mg
15 mg	Vitamin C	0 mg
9.36 g	Sugars	0 g

The nutrient name is displayed in the color of the food we considered as 'winner'.

The amounts are specified per 100 gram of the product.

The infographic aims to display only the significant differences, ignoring minor ones.

The main source of information is USDA Food Composition Database.

Juicing Vs Coffee Recipe

N Noddings



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