

The Truth About Juice

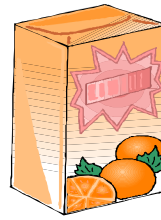
Are all Juices the Same? No.

- 100% unsweetened juice is the best choice. This type of juice is simply fruit without the fibre and peel.
- Fruit drinks with “beverage”, “drink”, “cocktail”, “-ade” or “punch” in the name have little or no real fruit juice or nutrients. In fact they contain mainly sugar and water.



LEMONADE

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100 % ORANGE JUICE

Juice Packs in a lot of Energy!

- An apple has 3 grams of fibre, 71 calories and takes approximately 10 minutes to eat.
- A large juice (650mL) has 0 fibre, 309 calories and takes approximately 2 minutes to drink.



A large juice has about the same number of calories as 4 oranges.

Tips

- Quench thirst with water.
- Choose 100% unsweetened fruit juice when you drink juice.
- Aim for smaller servings of fruit juice (125 mL or 1/2 cup).
- Encourage whole fruit more often than juice.



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