

Is It 100% Fruit Juice Or Not?

There's a pretty picture of fruit on the front, so it must be 100% fruit juice. Right? These days there are many drinks to choose from at the supermarket. But all drinks are not 100% juices.

Why is 100% fruit juice good for me?

Fruit juices are good sources of important nutrients. For example, orange juice contains Vitamin C, potassium and folic acid. A six-ounce glass counts towards one of the 2 to 4 servings of fruits needed each day. Juice may contain phytochemicals - "plant chemicals" - that may prevent heart disease and some cancers.

Quick Tips to Help You Choose Juice

- 1) **The name on the label** - Look for "juice" on the label. "Ade" in the name, like "orangeade" is not 100% juice. Neither is "cocktail," "drink," "nectar" or "beverage."
- 2) **Look for 100% juice** - All juice labels must state how much real fruit juice they contain. 100% juice is best. The higher the number, the more juice it has. Some labels state "made with real fruit juice" or "real fruit beverage," but this does not mean they are 100% juices.
- 3) **Look at the ingredient list** - Do you see "water," "filtered water," or "high fructose corn syrup" as one of the first ingredients listed? If yes, then you are paying for mostly water or sugar and water. Many of us get too much sugar in our diet and fruit drinks contribute to this.
- 4) **Fortified** - "Calcium-fortified" juice is a good choice if you don't get enough calcium. A glass of calcium-fortified orange juice has as much calcium as a glass of milk.
- 5) **Choose pasteurized juice** - It has no harmful bacteria.

Isn't juice expensive?

Many brands of juice cost the same as drinks that are not 100% juice. If a drink costs less than fruit juice, you are getting mostly sugar and water - not a good buy.