

NUTRITION



F A C T S H E E T

The Role of 100 Percent Juice in a Healthy Diet

Health professionals continue to stress that eating more servings of fruits and vegetables is extremely important for good health. Drinking 100 percent fruit juice is an easy way to boost your fruit intake. Plus, fruit juices add variety to your diet and taste good, too.

What Health Benefits Do 100 Percent Fruit Juices Offer?

Fruit juices are a valuable source of certain vitamins, minerals and phytonutrients—unique compounds found only in plants. Researchers are actively studying these compounds in fruits and vegetables to see how they may help maintain good health. Including 100 percent juices in your eating plan will help provide a wide variety of these healthful plant compounds.

The important role of fruit juices in the diet was confirmed by the 2005 Dietary Guidelines Advisory Committee Report. This report states that, with the exception of fiber, fruit juices provide substantial contributions of several vitamins and minerals. This shows that fruit juices are an excellent complement to whole fruits as part of a healthy eating plan. Juices, as well as other beverages, contribute to daily fluid intake. And, fortification of juices with nutrients such as calcium can help boost intake of important nutrients.

Can 100 Percent Fruit Juice Be Substituted for Whole Fruit?

One hundred percent juice can count as a fruit serving. Nutrition recommendations in the 2005 Dietary Guidelines for Americans encourage increased intake of fruits, as well as vegetables, low-fat or fat-free milk and whole grains. The MyPyramid food guidance plan, based on the Dietary Guidelines, provides eating patterns for

To determine if a product is 100 percent juice, the container label must state that the product is 100 percent juice. This information is usually included near the Nutrition Facts panel on the back of the label.

individuals above two years of age. The specific amount of fruits that should be consumed each day is shown in the chart on page two. According to MyPyramid, “Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.”

One-half cup of 100 percent fruit juice equals $\frac{1}{2}$ cup from the fruit group. While most fruit servings should come from whole fruits, a portion of the daily fruit intake can be from 100 percent fruit juice.

How Much Juice are Children Generally Consuming?

The National Health and Nutrition Examination Survey (NHANES) is an ongoing food consumption research program that monitors food intake. This research helps health professionals track eating patterns over many years. The

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Daily Fruit Recommendations from MyPyramid.gov

| | Age | Total Fruit per Day* |
|-----------------|-------------|-----------------------------|
| Toddlers | 2–3 years | 1 cup |
| Girls | 4–8 years | 1 cup |
| Boys | 4–8 years | 1 ½ cups |
| Girls | 9–18 years | 1 ½ cups |
| Boys | 9–13 years | 1 ½ cups |
| | 14–18 years | 2 cups |
| Women | 19–30 years | 2 cups |
| | 31 years+ | 1 ½ cups |
| Men | 19 years+ | 2 cups |

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

According to the American Dietetic Association’s Evidence Analysis Library, intake of 100 percent fruit juice is not related to overweight in children, unless consumed in unusually large quantities. However, excess calories from any food or beverage can contribute to children and adults becoming overweight. The whole family can enjoy 100 percent fruit juice as part of a healthy diet.

NHANES data show that consumption of 100 percent fruit juices by children and teenagers is within acceptable guidelines set by the American Academy of Pediatrics. A recent NHANES analysis also shows that children who consume 100 percent juices have overall healthier diets than those who do not consume juices.

Is There a Link Between Drinking Juice and Weight?

Analysis of NHANES data does not find a link between 100 percent juice consumption and children being overweight. These findings are confirmed by other research that looked at the impact beverages have on children and their weight.

For more advice about the recommended intake from all of the food groups, please visit www.mypyramid.gov.

100 Percent Fruit Juice Guidelines for Children

| Amount Daily | Age Group |
|---------------------|---|
| No juice | Infants six months of age and under |
| 4–6 ounces | Older infants (when able to drink from a cup) plus children 1–6 years |
| 8–12 ounces | Children 7–18 years |

Note: Juice should never be fed by bottle to small children.

Source: American Academy of Pediatrics

For a referral to a registered dietitian and for additional food and nutrition information visit WWW.EATRIGHT.ORG

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Additional information is available at: www.fruitjuicefacts.org