

# WHY FRUIT JUICE?

## FOR ADOLESCENTS



## WE ALL KNOW THAT IT'S HEALTHY TO EAT MORE FRUIT AND VEGETABLES, BUT WHAT ABOUT FRUIT JUICE?

Fruit juice can be made at home if you have a juicer, or bought in shops as chilled juice, or ambient juice – that's the juice kept at room temperature.

### NUTRIENTS FOR THE BODY

As well as energy (calories), protein, fat and fibre, the body needs very small amounts of vitamins and minerals.

100% fruit juice contains a wide range of vitamins and minerals. Pure juices of orange, grapefruit, lemon, pineapple and tomato are a source of vitamin C. Orange, pineapple and tomato juices are a source of potassium, while orange juice is a source of folate. What do these nutrients do in the body?

- » Folate contributes to normal blood formation and the normal function of the immune system, as well as to a reduction in tiredness and fatigue.
- » Vitamin C contributes to normal collagen formation for normal bones, skin and teeth as well as to the normal function of the immune system.
- » Potassium contributes to normal muscle function and to the maintenance of normal blood pressure.

### WHAT ABOUT FRUIT?

Whole fruit and vegetables are the best option as they contain fibre as well as vitamins and minerals. Experts at the World Health

Organisation say we should aim for at least 400 g a day – that's around five portions.

However, it's not always easy to eat fruit and vegetables when you're on the go. This is where 100% fruit juice can help. Because a small glass of fruit juice counts as one portion of fruit, it can help you get closer to the recommendation. Studies show that most adolescents eat too few fruits and vegetables.

### SHOULD I WORRY ABOUT SUGAR?

Sugar intakes are too high across Europe and mainly come from soft drinks, confectionery, cakes, biscuits and desserts. A 150 ml glass of 100% orange juice contributes just 3% of the daily calories in a 2,000-calorie diet and around 13 g of natural sugars which provide energy. By law, manufacturers never add sugar to 100% fruit juice.

### WHEN TO DRINK

A small glass of 100% fruit juice (150-235 ml) can be enjoyed at breakfast or after sport. As vitamin C increases iron absorption from plant sources and fortified foods, it's helpful to drink pure orange juice with a meal.

*Disclaimer: Every effort has been made to ensure that the information contained in this document is reliable and has been verified. The information is intended for health care professionals to deliver to their patients and clients, and does not constitute dietary advice in itself.*



## FACT

**100% fruit juice means that nothing extra has been added or taken away. It's simply a drink made by squeezing fruit. There are no preservatives, added sugars, sweeteners or artificial ingredients. Simply pure juice!**