

WHY FRUIT JUICE?

FOR OLDER PEOPLE



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

The focus on healthier ageing now means that more people are interested in eating the right type of diet. 100% fruit juice can be part of this as we'll explore in this leaflet.

NUTRIENTS FOR THE BODY

100% fruit juice, such as orange juice, contains a wide range of vitamins and minerals, particularly vitamin C, folate and potassium. It is also a valuable source of fluid and can be part of your daily water recommendation of 2.0 to 2.5 litres from drinks and food.

- » Folate contributes to normal homocysteine metabolism. Folate also 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. Vitamin C also contributes to the protection of cells from oxidative stress.
- » Potassium contributes to normal muscle function and to the maintenance of normal blood pressure.

COMPLEMENTING FRUIT INTAKE

A survey of more than 1,000 general practitioners in Europe revealed that seven in ten believed that a glass of 100% fruit juice "can be a healthy complement to people's daily intake of fruit and vegetables". A glass is around 150-250 ml depending on your country's recommendations.

WHAT ABOUT SUGARS?

The sugars in 100% fruit juice come from the natural fruits used to make the juice. There are around 13 g of sugar and 60 calories in a 150 ml glass of fruit juice, which is well within dietary recommendations. By law, manufacturers cannot add sugar to 100% fruit juice.

Experts agree that fruit juice is not harmful to teeth or gums if it is drunk once a day and with a meal. Twice daily brushing with fluoride toothpaste is important for good oral health.

WHEN TO DRINK

A small glass of 100% fruit juice can be enjoyed at breakfast or with any meal. Iron levels can be an issue as we get older, so it is useful to know that vitamin C increases iron absorption from fortified foods, supplements and plant foods. A 150 ml glass of 100% orange juice provides 54 mg of vitamin C, which is over half of the Nutrient Reference Value (daily recommendation).

Avoid grapefruit juice if you are taking prescription medications for cholesterol lowering, impotence, arrhythmia (uneven heart beat) and high blood pressure. Check with your doctor if you are unsure which medications may be an issue.

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!