

Fruit Juice in the dietary guidelines



ITALY

Fruit or fruit juice: **three to four portions** per day (one portion of fruit juice equals 150 ml)



ROMANIA

Two to four portions per day. Fruit counts as a portion of fruit (3/4 cup fruit juice). For older people it is stated to drink one glass of fruit juice a day in order to improve their nutrition



BELGIUM

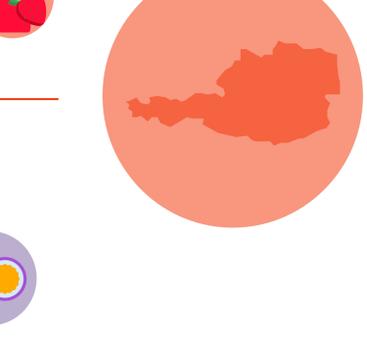
Flemish population: **2 -3 pieces** of fruit per day. Fruit juice is not the preference but can be used instead of a piece of whole fruit

French population: Eat at least **400 g** of fruits and vegetables every day ensuring an equal distribution between the two.



AUSTRIA

2 portions (the size of a fist) of fruit per day. 200 ml of fruit juice counts as a portion of fruit.



GERMANY

Vegetables and fruits – eat **'five-a-day'**. Occasionally you can use juice as a replacement for whole fruit.



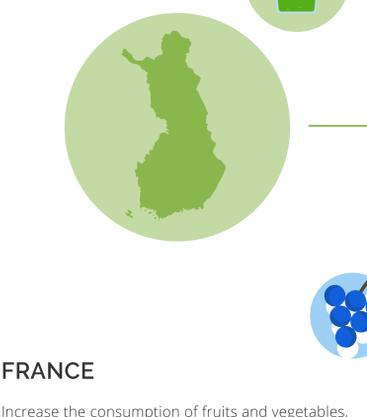
DENMARK

Eat fruits and **lots** of vegetables (600 grams per day, 6 servings) Fruit juice can count as 1 serving of fruit.



FINLAND

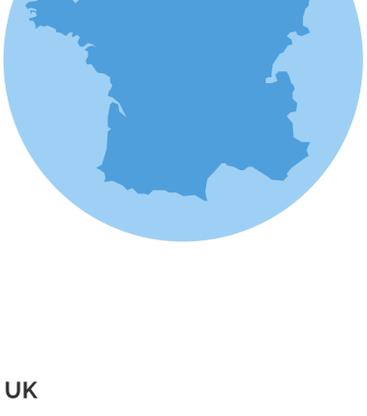
Eat vegetables, fruits and berries **frequently** (a minimum of 500 g/day, excluding potatoes). Eating berries and fruit whole is better than juicing them.



FRANCE

Increase the consumption of fruits and vegetables, regardless of their forms (raw, cooked, natural, prepared, fresh, frozen or canned), to achieve at least **5 servings** of fruits and vegetables per day.

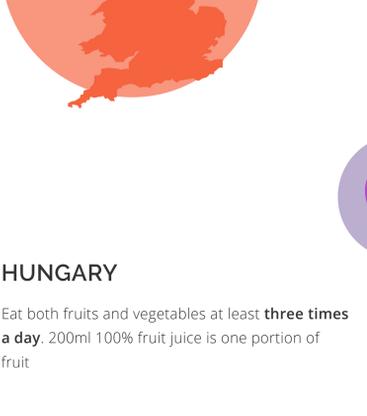
100% fruit juice is not totally equivalent to whole fruit but can contribute to meeting the nutritional requirements.



UK

Eat at least **5 portions** of a variety of fruit and vegetables every day

150ml glass of fruit juice or smoothie counts as a maximum of one portion a day.



HUNGARY

Eat both fruits and vegetables at least **three times a day**. 200ml 100% fruit juice is one portion of fruit



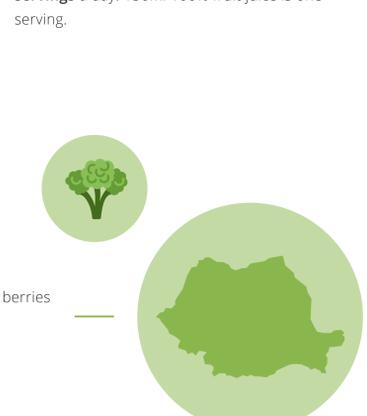
IRELAND

Eat more fruit and vegetables, at least **5 to 7 servings** a day. 150ml 100% fruit juice is one serving.



LATVIA

Eat **five servings** (approx. 400 g) of vegetables, fruits and berries every day. Try to choose local and fresh products. One glass of 100% fruit juice counts as one serving.



GREECE

Eat **three servings** of fruit daily. Greece refers to fruit juices as being likely to share some of the benefits of fruits.



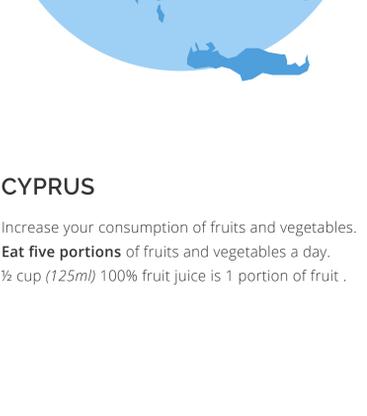
CYPRUS

Increase your consumption of fruits and vegetables. Eat **five portions** of fruits and vegetables a day. 1/2 cup (125ml) 100% fruit juice is 1 portion of fruit .



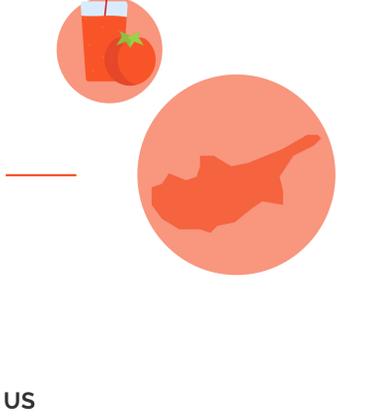
US

Healthy eating patterns include fruits, especially whole fruits. The fruits food group includes whole fruits and 100% fruit juice. The recommended amount of fruits in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is **2 cup-equivalents** per day. One cup of 100% fruit juice counts as 1 cup of fruit. Although fruit juice can be part of healthy eating patterns, it is lower than whole fruit in dietary fiber and when consumed in excess can contribute extra calories. Therefore, at least half of the recommended amount of fruits should come from whole fruits. When juices are consumed, they should be 100% juice, without added sugars.



CANADA

Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

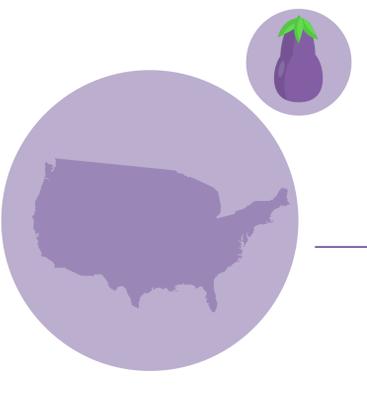


AUSTRALIA

Fruit juices belong to the fruit group, but most have lost the dietary fibre found in fresh fruit. Fruit juices are also acidic and frequent consumption may increase the risk of dental erosion.

2 serves of fruit a day for all older children, adolescents and adults

1/2 cup (125ml) 100% fruit juice (no added sugar) = 1 serve of fruit



SPAIN

Eat at least 5 portions of a variety of fruit and vegetables every day. The '5 a Day' Organization consider that fruit juice can count as 1 serving of fruit and contribute to achieve the nutritional requirements

