



Think About Your Drink...Selecting Fruit Juice



Family & Consumer Judging Contest 2007 - Beginners

Reasons Why You Want 100% Fruit Juice

MyPyramid tells us to “focus on fruits” by eating 1 ½ cups every day. Drinking eight (8) ounces of 100% fruit juice daily counts as one cup of fruit, but in order to count it as a fruit we have to follow the rules below.

Look for these things on the Nutrition Facts Label

- 100% fruit juice
 - Can be a combination of juices (grape, orange, apple, pineapple, etc.)
- 8 ounce container, because that is one serving of fruits
- Less than 30 grams of Sugar
- More than 10% of other nutrients (Calcium, Vitamin C, Vitamin D)

Watch out for

- *High Fructose Corn Syrup* in the ingredient list because that means drink is using sugar instead of juice to make it taste good
- 100% Vitamin C does not mean that it is 100% fruit juice. They just add the Vitamin C as a powder and it is not natural.
- *Tricky Names*. These words probably mean that the drink does not contain 100% real fruit juice
 - Punch
 - Lemonade
 - Cocktail
 - Sparkler
 - Juice Drink
- If you cannot say or read the words in the ingredient label, then it probably isn't a good idea to drink it

