

# Juice 101

## Not all fruit drinks are created equal.

Take a look at this juice glossary so you can make smarter buying decisions for you and your loved ones.

### 100% Juice

*Best bet for juice because it is pure juice!*

### Fruit punch

Flavorings, sugar, and water. Read the ingredient list.

### Juice cocktail

Read the ingredient list because you will find that sugar is added.

### Juice concentrate

Made with real juice. It has the water removed during processing. Add water to make juice.

Always read the label to find 100% fruit or vegetable juice versus a drink with added sugar. Real fruit is always optimal because it contains fiber and is usually lower in calories. 1 cup of apple juice is 113 calories and less than a gram of fiber while an apple contains 95 calories and 4.5 grams of fiber.

## What about health juices?

There are many trendy smoothies and juice drinks offered in stores and restaurants. Read the label to be aware of the calories and ingredients. A healthy eating pattern is more important for your health than any one drink. **Take a look at these low-cal options:**

### Water

Flavored seltzer water

Lemon added to water

Soda water with a little bit of juice added

### Tea

Herbal teas

Unsweetened

Add fresh limes or lemons for more flavor

### Coffee

Hot coffee with skim milk

Iced coffee with cinnamon

Iced coffee made with skim milk

### Half Juice

Mix your favorite 100% juice with water to lower the calories and have a refreshing treat.

### Juice-cicles

Freeze 100% juice in ice cubes or popsicle shapes so you have a refreshing treat in a portion-controlled cube.

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