

Date: _____ Hour: _____

Be a Juice Sleuth!

By Tracey Middlekauff



Girl Ray/Getty Images

It takes about 18 oranges to make a 64-ounce carton of orange juice.

Everything you always wanted to know about juice ... but didn't know you needed to ask

1 When you're thirsty or just craving a little afternoon pick-me-up, juice is probably one of the drinks you reach for. And why not? Not only is it tasty, it's nutritious, right?

2 Well ... that depends. To make sure you're getting the full benefits of juice, you have to act like a detective. You need to ask the right questions and understand how to read labels. Read on to learn more than you ever thought there was to know about your favorite beverage!

Are juice drinks, juice cocktails, and juice beverages all the same as plain old juice?

3 No! Those are clever disguises. Only beverages that are 100 percent fruit or vegetable juice may actually be called juice. A drink with anything less than 100 percent juice has been diluted. That means something else has been added, usually water and sugar. "The label '100 percent juice' is the key," says registered dietitian and American Dietetic Association (ADA) spokesperson Marilyn Tanner-Blasiar. "Beverages labeled 'fruit drink,' 'fruit cocktail,' or 'fruit ade' may contain added sugars which replace that nutrition."

In other words, you don't need to get out a calculator. If it's not 100 percent juice, the nutrition experts say, it's not really juice.

What does it mean when a label says juice is from 'concentrate'?

4 At some point in the juice-making process, all the water has been removed from the fruit. What's left behind is frozen. That new substance—the concentrate—takes up a lot less space and is easy to move from one place to another. The concentrate still has all the vitamins and minerals from the original fruit. So if you buy a carton of orange juice from concentrate, that means that water has been added *back* to the concentrate to make your juice.

If a juice product is organic, it's good for you, right?

5 A food must have been produced without chemicals and chemical pesticides to truly be called organic. Organic products are generally better for the environment. But there is some debate as to whether they're actually better for you. The most important thing is to choose 100 percent juice, whether it's organic or not.

Are added vitamins and minerals clues that the juice is healthier for you?

6 Not really—100 percent juice already packs a nutritional wallop. Orange juice, for example, is loaded with vitamin C, folic acid, and potassium. Sometimes, a company will add vitamin C to a sugary fruit punch in order to make it seem healthier, Tanner-Blasiar points out. But it's a much better idea to get your vitamins and minerals from foods that contain them naturally. In other words, get your calcium from low-fat milk or yogurt instead of relying on calcium-fortified juice. And don't be too impressed with juices that claim to have ingredients to help boost your immune system. "A proper diet, lots of activity, and plenty of sleep is what really helps keep a child's immune system strong," says registered dietitian and nutritional consultant Keri Gans.



Ewa

Brozek/Istockphoto

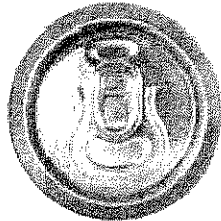
Cranberry juice was first made by American settlers in 1683.

Why would a juice such as cranberry juice mysteriously list other juices, such as grape or apple, as a main ingredient?

7 Some fruits—such as cranberries—can be a little tart or have an overpowering flavor. So sometimes, instead of adding extra sugar, a company may add a sweeter or more mild-tasting juice to create a juice blend. Grape and apple juices are popular sweetening picks, Tanner-Blasiar says. That's OK! There's nothing wrong with juice blends as long as you're drinking 100 percent juice.

Is honey a better sweetener than cane sugar?

8 Nope. "Sugar is sugar," says Suzanne Farrell, a registered dietitian and ADA spokesperson. "When you add sugar, you add calories." A good label detective knows the clues on a juice label that mean there are added sugars. Those include syrup, glucose, sucrose, raw sugar, honey, agave nectar, cane juice, and high-fructose corn syrup. As always, go with 100 percent juice, which contains naturally-occurring fructose, or fruit sugars.



*Leonid
Nyshko/Istockphoto*

Many juices contain about the same amount of sugar as colas do.

Is there any nutritional difference between eating fruit and drinking fruit juice?

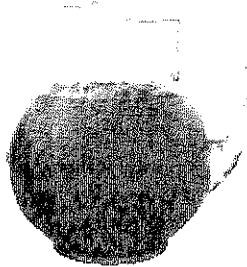
9 Yes. It may surprise you to learn that there are some important differences. For one thing, the calorie count in juice can add up fast. One orange has about 60 calories, while 1 cup of orange juice—just 8 ounces—has more than 100. Fruit also contains fiber, an important part of your diet that gets eliminated in juice. Fiber helps you feel full, so you don't eat too much. It also helps balance your blood sugar levels. That way, you don't get a sugar high followed by a crash that can leave you feeling groggy.

10 "You should get 1.5 to 2 cups of fruit a day, and it shouldn't all come from juice," says Farrell.

What's better for you—water or juice?

11 They're both good for different reasons. "Water is calorie-free and also vitamin-and mineral-free ... it quenches your thirst well," Tanner-Blasiar

explains. "Juice, on the other hand, doesn't quench your thirst. The naturally high sugar content can actually make you more thirsty. So drink water first to quench your thirst, and then enjoy a half a cup of juice for the nutrients."



John Block/Jupiter
Images

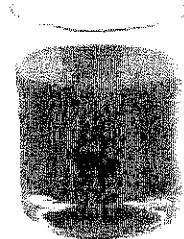
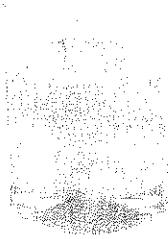
Did you know that drinks labeled "fruit punch" don't have to contain *any* fruit juice at all?

So, is fruit juice *really* part of a juice sleuth's nutritious diet?

12 Yes, it can be, as long as you watch your portions and make sure to drink only 100 percent juice. Tanner-Blasiar recommends that you drink no more than 4 ounces of juice a day, though some dietitians say up to 8 ounces is acceptable. Remember that a bottle of juice from the vending machine can be up to 20 ounces—and that's way too much! Tanner-Blasiar says orange juice, grape juice, and cranberry juice are great choices—in moderation.

Fruit Versus Veggies

Both fruit and vegetable juices can be part of your healthy diet—but they aren't interchangeable. See how they compare:



13

Orange Juice	Tomato Juice
½ cup or 4 oz.	½ cup or 4 oz.
55 calories	22 calories
Sweet tasting	Salty tasting
Source of vitamin C and potassium	Source of vitamin C and potassium
Low sodium	High sodium (Salt is often added.)
High in folic acid, which is also known as vitamin B9	High in lycopene, which may help prevent some cancers

John Klein/Current Health

Sources: Marilyn Tanner-Blasiar and the USDA National Nutrient Database

Name: _____ Date: _____

1. According to the passage, what percentage of a drink must be made of fruit or vegetable juice to be considered juice?

- A 25%
- B 100%
- C 95%
- D 75%

2. According to the passage, which of the following things is NOT found naturally in orange juice?

- A potassium
- B calcium
- C vitamin C
- D folic acid

3. Based on the passage, which of the following drinks would be the healthiest choice?

- A fruit cocktail
- B 100 percent juice
- C fruit punch with vitamin C
- D fruit ade

4. Read this sentence from the passage: "A drink with anything less than 100 percent juice has been diluted."

As used in the passage, the word **diluted** means

- A nutritious
- B mixed with vitamins
- C mixed with water and sugar
- D mixed with 100% juice

5. What was probably the author's main reason for writing this passage?

- A to talk about the author's favorite type of juice
- B to inform readers how to choose the most nutritious juice
- C to explain how vitamins are added to juice
- D to explain how organic juice is made

6. What can help keep a child's immune system strong?

7. Do juices that claim to help boost the immune system work? Why or why not?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

_____ of quenching your thirst, juice can actually make you thirstier.

- A Because
- B However
- C Instead
- D After

9. Answer the questions based on the sentence below.

Children should drink 100 percent juice because it has not been mixed with sugar.

Who? children

(should) What? _____

Why? _____

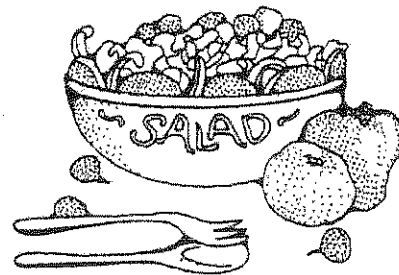
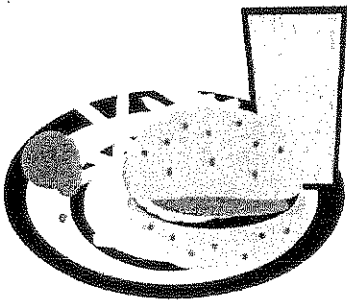
10. Read the vocabulary word and definition below and complete questions 10a, 10b, and 11.

Vocabulary Word: nutritious (nu · tri · tious): good for your body; having things like vitamins and minerals that help keep your body healthy.

10a. Read the five sentences below and underline the word **nutritious** in each sentence.

1. Juices that are naturally filled with vitamins are more nutritious than ones that have vitamins added afterward.
2. Milk and yogurt are filled with calcium and are naturally more nutritious.
3. Frozen vegetables can be just as nutritious as fresh ones, because freezing right after they are picked does not affect the vitamins and minerals.
4. It's okay to eat small amounts of ice cream and sweet snacks sometimes, as long as you also eat a lot of nutritious snacks.
5. Young children need many nutritious foods like fruits and vegetables to help them grow.

10b. Which meal is more nutritious?



11. According to the passage, which is a more nutritious snack — drinking fruit juice or eating fruit? Why?
