

Health & Nutrition Sciences

100% 果汁的健康益处

为什么水果和蔬菜对我的饮食很重要？

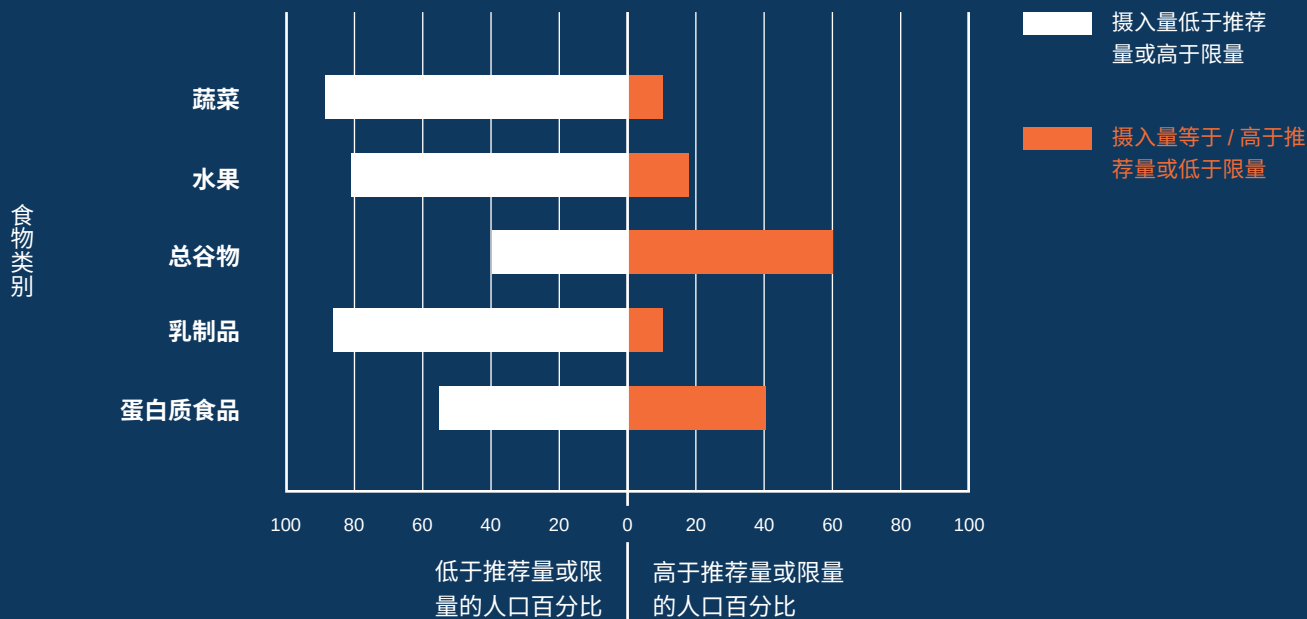
多吃水果和蔬菜可以降低患慢性疾病的风险，包括糖尿病和心血管疾病。¹ 然而，很少有美国人遵循水果和蔬菜摄入指南，只有大约十分之一的美国人达到了水果或蔬菜的推荐摄入量。²



水果和蔬菜摄入量低，意味着摄入水果和蔬菜中所含的营养素低。首先，您需要了解您的身体需要多少水果和蔬菜：您可以在 MyPlate.gov 上查询。接下来，找到一些您最喜欢的水果和蔬菜，并计划如何更频繁地将它们纳入您的饮食。在饮食中增加水果和蔬菜的一种简单方法是通过饮用 100% 果蔬汁。

饮食摄入量与推荐量的比较。1 岁及以上美国人口中，低于、等于或高于每日饮食目标或限量的人口占比

改编自参考文献 #3



Health & Nutrition Sciences

如何在我的饮食中引入 100% 果汁？



100% 果汁

100% 果汁计入您的每日水果和蔬菜摄入量

饮食指南建议摄入最多 8 盎司的 100% 果汁，相当于 1 杯水（成人对水果的推荐摄入量为 1.5-2 杯）。³

儿童应遵循美国儿科学会给出的 100% 果汁建议。⁴

100% 果汁提供了哪些营养素？

100% 果汁通常富含维生素 C，但具体含哪些营养素取决于果汁种类。例如，橙汁和葡萄柚汁的钾含量也很高，而一份胡萝卜汁能够满足您日常所需的维生素 A。您可以混合搭配果汁和复合果汁，以确保摄入的每种维生素和矿物质足够：选择多种颜色的水果和蔬菜将帮助您摄入不同的维生素和矿物质。

100% 果汁摄入量如何影响饮食？

饮用 100% 果汁与更多的全水果摄入量和更好的整体饮食质量之间存在关联⁴。此外，饮用 100% 果汁的人对某些营养素的摄入量也较高，尤其是维生素 C、镁和钾。⁵⁻⁸



参考资料：

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