

# Health & Nutrition Sciences

## Health Benefits of 100% Juice

### Why are Fruits and Vegetables Important to My Diet?

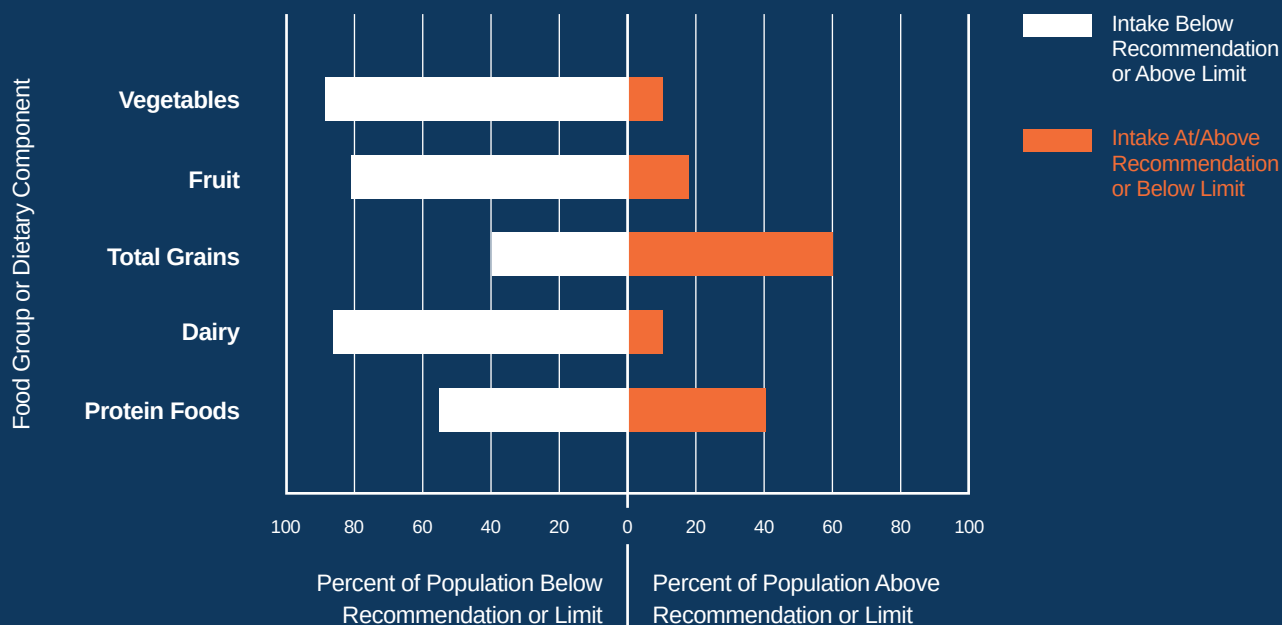
Eating higher amounts of fruits and vegetables is associated with lower risk of chronic diseases, including diabetes and cardiovascular disease.<sup>1</sup> However, very few Americans follow fruit and vegetable intake guidelines with around one out of ten Americans meeting fruit or vegetable recommendations.<sup>2</sup>



Low intake of fruits and vegetables means low intake of the nutrients found in fruits and vegetables. First, you need to understand how much fruits and vegetables your body needs: you can check this amount at [MyPlate.gov](http://MyPlate.gov). Next, find some of your favorite fruits and vegetables and plan how you can incorporate them into your diet more often. One easy way to add fruits and vegetables to your diet is through **100% juice**.

### Dietary Intakes Compared to Recommendations. Percent of the U.S. Population Ages 1 Year & Older Who are Below, at or Above Each Dietary Goal or Limit

Adapted from reference #3



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## How Does 100% Juice Fit into my Diet?



## 100% JUICE

### 100% juice counts towards your daily intake of fruit and vegetables

The dietary guidelines allow up to 8 ounces of 100% juice which provides one cup of the 1.5-2 cups of fruit recommended for adults.<sup>3</sup>

Children should follow 100% juice recommendations from the American Academy of Pediatrics.<sup>4</sup>

## What Nutrients Does 100% Juice Provide?

100% juice is generally high in vitamin C although the exact nutrients will depend on the juice blend. For example, orange juice and grapefruit juice are also high in potassium while one serving of carrot juice provides your daily requirement of vitamin A. You can mix and match juices and juice blends to ensure you're getting enough of each vitamin and mineral: choosing a range of fruit and vegetable colors will help you get different vitamins and minerals.

## How Does 100% Juice Intake Affect Diet?

Drinking 100% juice is associated with higher intake of whole fruit and better overall diet quality<sup>4</sup>. In addition, people who drink 100% juice also have higher intake of certain nutrients, especially vitamin C, magnesium, and potassium.<sup>5-8</sup>



### References:

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4. Heyman, M.B. and S.A. Abrams, Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. Pediatrics, 2017. e20170967.
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7. O'Neil, C.E., et al., 100% orange juice consumption is associated with better diet quality, improved nutrient adequacy, decreased risk for obesity, and improved biomarkers of health in adults: National Health and Nutrition Examination Survey, 2003-2006. Nutr J, 2012. 11: p. 107.
8. O'Neil, C.E., et al., Fruit juice consumption is associated with improved nutrient adequacy in children and adolescents: the National Health and Nutrition Examination Survey (NHANES) 2003-2006. Public Health Nutr, 2012. 15(10): p. 1871-8.