

Health & Nutrition Sciences

100% Juice and Sugar

Is There Added Sugar in 100% Juice?

No, there is no added sugar in 100% juices; all sugars come directly from the fruits and vegetables used for juicing.



Will the Sugars in 100% Juice Cause Me to Gain Weight?



Recent research suggests 100% juice drinkers have similar BMI to people who don't drink 100% juice.¹⁻³

However, remember to keep your 100% juice intake within the amounts permitted in the dietary guidelines for adults and recommendations from the American Academy of Pediatrics for children.^{4,5}

Are There Benefits in Drinking 100% Juice?

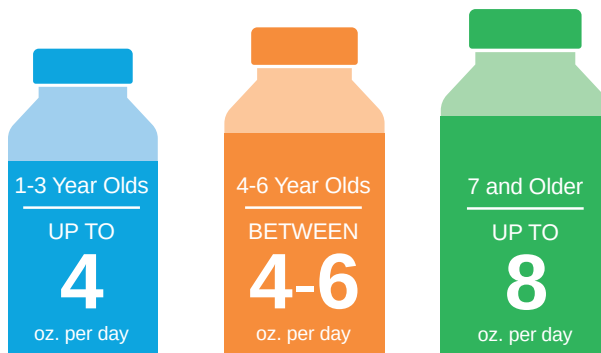
- 100% juice will count towards your daily fruit/vegetable intake.⁴
- Drinking 100% juice is associated with higher diet quality compared to people who don't drink 100% juice.^{2,3}
- Drinking 100% juice is associated with higher intake of micronutrients (including vitamin C) compared to people who don't drink juice.⁶



How Much Juice Should you Drink per Day?

For adults, the United States dietary guidelines suggest up to 8 oz of 100% juice which counts for 1 cup of fruit on MyPlate.⁴

For children, the American Academy of Pediatrics suggests up to 4 oz. for toddlers ages 1-3, 6 oz. for children ages 4-6, and up to 8 oz for children age 7 and older.⁷



References:

1. Auerbach, B.J., et al., Fruit Juice and Change in BMI: A Meta-analysis. *Pediatrics*, 2017. **139**(4).
2. 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.
3. O'Neil, C.E., et al., Diet quality is positively associated with 100% fruit juice consumption in children and adults in the United States: NHANES 2003-2006. *Nutr J*, 2011. **10**: p. 17.
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
5. Heyman, M.B. and S.A. Abrams, Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. *Pediatrics*, 2017. e20170967.
6. 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):1871-8.
7. Heyman MB et al. (2017) Fruit juice in infants, children and adolescents: current recommendations. *Pediatrics* 139(6) e201709767.