

# Health & Nutrition Sciences

## 100% Juice and Weight

### Will Drinking 100% Juice Affect My Weight?

There is little research to support a connection between drinking 100% juice and higher body weight. In fact, recent research suggests there is no connection between 100% juice and unhealthy body weight for children<sup>1</sup> or adults.<sup>2,3</sup> However, adults should keep intake of 100% juice within recommended amounts in the dietary guidelines for adults (8 oz/day) and children should follow guidelines from the American Academy of Pediatrics.<sup>4,5</sup>



### Why Should I Drink 100% Juice?

Around 80% of Americans do not meet fruit intake recommendations and almost 90% do not meet vegetable recommendations.<sup>5</sup> But juice can help you close this gap: 1 cup of 100% juice counts as one cup of fruit or vegetables and gets you closer to meeting your food group goals.<sup>5</sup>

**1 cup**  
100% Juice



**1 cup**  
fruit or vegetables





**Remember, only 100% juice counts towards your fruit and vegetable daily amounts.**

Drinking 100% juice can also help you get more nutrition into your diet. According to recent research, people who drink 100% juices have better diet quality and higher micronutrient intakes, including vitamin C, potassium and magnesium.<sup>2,3,6</sup>

Vitamin

**C**

Potassium

**K**

Magnesium

**Mg**

References:

1. O'Neil, C.E., et al., One hundred percent orange juice consumption is associated with better diet quality, improved nutrient adequacy, and no increased risk for overweight/obesity in children. *Nutr Res*, 2011. 31(9): p. 673-82.
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. Agarwal, S., V.L. Fulgoni III, and D. Welland, Intake of 100% Fruit Juice Is Associated with Improved Diet Quality of Adults: NHANES 2013-2016 Analysis. *Nutrients*, 2019. 11(10).
4. Heyman, M.B. and S.A. Abrams, Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. *Pediatrics*, 2017. e20170967.
5. 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).
6. 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.