

Fruit Juice

Does your family drink fruit juice? How much should they drink?

When the label says “drink”, “beverage”, “punch”, “-ade”, “cocktail” or “delight”, that means the product usually contains very little fruit juice. In fact, these drinks mainly contain sugar and water. Look for “100% juice” on the label to make sure you’re getting the real thing.

100% unsweetened fruit or vegetable juices can be a healthy beverage choice. However, juice intake should be limited to about one cup per day for children. Canada’s Food Guide recommends that vegetables and fruit be consumed more often than juice to get more fibre and to help feel full and satisfied.

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Nutrition—Nutrition Matters).

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