

FRUIT OR JUICE: BE THE JUDGE

A FRESH ORANGE:

62 Calories
15 g carbohydrate
12 g sugar
3 g fiber
70 mg Vitamin C
93 mcg beta carotene
52 mg Calcium
237.1mg Potassium

8 OZ. GLASS OF ORANGE JUICE:

110 calories
25 g carbohydrate
21 g sugar
0.5 g fiber
82 mg vitamin C
0 mcg beta carotene
26.2mg calcium
475 mg potassium

Basically orange juice has more calories and sugar and less fiber than a fresh orange. So, what would be the best choice? Is fruit juice unhealthy? The answer to this question depends on how it's consumed, and what foods it replaces.

Fruit juice contains more concentrated calories since it takes about 4 oranges to squeeze 8 ounces of juice. Also the juice is extracted from the fruit pulp, which contains most of the fiber, minerals (calcium, for example) and vitamins (like beta-carotene). Overall, whole fruits are a better nutritional bet than juices, and fresh juices are better than frozen. Also make sure that you read fruit juice labels carefully! When you see a juice labeled "pulp free," look for another option. Additionally, many fruit juices that are sold in supermarkets contain only a small percentage of real fruit juice, and contain added sweeteners such as sucrose or high fructose corn syrup. As a result, it is easy to consume a large amount of calories without getting any actual nutrition when you consume these beverages. So, take a moment to choose wisely! Small changes make big differences over time.