

NUTRITION NUGGET #5

Question: How healthy is juice from concentrate even if labeled 100% juice?



Answer: In 100% juice labels, juices from concentrate have either a similar, a higher or lower sugar amount than juice not from concentrate. CHECK NUTRIENT LABELS, INGREDIENT LISTS, CHOOSE 100% JUICE AND LIMIT INTAKE.

Facts:

- Choose whole fruits (fresh, canned in 100% juice, frozen or dried), more often than juice. Natural sugars in foods, such as fruits and milk, come with a total package of nutrients (fiber, potassium, magnesium). Foods with added sugars or 100% juices supply calories but few or no essential nutrients and no dietary fiber.
- Select 100% juice (from concentrate or not from concentrate). But limit how much you drink because when consumed in excess, juice can contribute extra calories.
- Cut back on fruit drinks (not labeled 100% juice on the package) which are sugar-sweetened beverages. Fruit drinks, soda, sports and energy drinks have added sugars and little juice. Strong evidence shows children and adolescents who drink more sugar-sweetened beverages have a higher body weight than those who drink less.
- The nutrient label shows total amount of sugar (both natural and added sugars) but no daily value for sugar (there is no amount recommended). Look for beverages with added sugars by reading the ingredients list (Table A4-2, Example of Added Sugars That Can Be Listed as an Ingredient).
- **Fruit juice concentrate** is a form of sugar made when water is removed from whole juice to make it more concentrated. Fruit concentrate is not added sugar if water is added to make it into juice. In contrast, fruit juice concentrate may be added sugar when a blend of juice concentrates is added to juice. (Read note on Table A4-2). Examples comparing amount of sugar in 100% juices: from concentrate and not from concentrate: 1) Pineapple juice- concentrate had less sugar than not from concentrate and 2) Apple juice-concentrate had more sugar than fresh apple juice and juice from concentrate.

Apply: What can you share about fruit juice?

Reference: US Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, December 2010. Image from http://www.freefoto.com/images/09/08/09_08_58---Fruit-Pineapple_web.jpg?&k=Fruit+-+Pineapple. Accessed 02-28-2011.

Example 1) Pineapple Juice - Concentrate Less Sugar than Pineapple Juice



Pineapple Juice

Not From Concentrate

LIVE WELL

- 100% Juice
- Fortified with Vitamins A, C & E
- Naturally Sweet

Nutrition Facts

Serving Size 8 fl. oz. (240ml)
Servings Per Container about 6

Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 330mg	9%
Total Carbohydrate 32g	11%
Dietary Fiber <1g	2%
Sugars 30g	
Protein <1g	

Vitamin A 10% • Vitamin C 120%
Vitamin E 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PINEAPPLE JUICE, ASCORBIC ACID (VITAMIN C), VITAMIN E, AND VITAMIN A.

MANUFACTURED BY
© DOLE PACKAGED FOODS, LLC
WESTLAKE VILLAGE, CA 91382-7300

Del Monte
Quality

FRUIT TURALS PINEAPPLE JUICE

FROM CONCENTRATE •
PURE • UNSWEETENED



PINEAPPLE JUICE 100% JUICE FROM CONCENTRATE

Nutrition Facts

Serving Size: 8 fl. oz. (240ml)
Servings Per Container: 6

Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 240mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 23g	
Protein Less than 1g	

Vitamin A 0% • Vitamin C 100%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, CONCENTRATED PINEAPPLE JUICE, ASCORBIC ACID

©1995 DISTRIBUTED BY
DEL MONTE FOODS
SAN FRANCISCO, CA 94105

PRODUCT OF THE REPUBLIC OF THE PHILIPPINES
DEL MONTE® Pineapple Juice is made from carefully-selected pineapples. No sugar preservatives are added. So it's pure and delicious as well as a great source of vitamin C.

To serve: Chill, shake well, and pour.

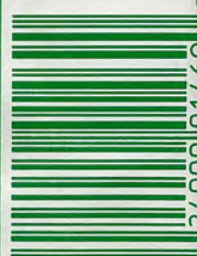
To store: After opening, refrigerate unused juice in covered glass or plastic container.

FOR FOODSERVICE USE ONLY - NOT FOR RESALE

When writing to us, enclose the can end bearing the stamped code.



K PLEASE RECYCLE



4 FL. OZ. (46 FL. OZ.) 1.36L

Example 2) Apple juice - Concentrate More Sugar than Concentrate and Apple juice



EVE & EVE

Apple Juice

100% JUICE

OUR PLEDGE

This product contains only 100% juice with no sugar, artificial sweeteners, or preservatives added.

Refrigerate After Opening
Pasteurized
Gluten Free
ME/HI 5¢ Deposit

Nutrition Facts
Serving Size 8 fl. oz. (240 mL)
Servings Per Container 8

Amount Per Serving		% Daily Value*
Calories 110	Cal. from fat 0	
% Daily Value*		
Total Fat 0g		0%
Sodium 5mg		0%
Total Carb. 26g		9%
† Sugars 22g		
Protein 1g		
Vitamin C 120%		

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium or iron.
*Percent Daily Values are based on a 2,000 calorie diet.
† Naturally occurring from fruit juice

INGREDIENTS: APPLE JUICE (FILTERED WATER SUFFICIENT TO RECONSTITUTE APPLE JUICE CONCENTRATE), APPLE JUICE MADE FROM FRESH WHOLE APPLES, ASCORBIC ACID (VITAMIN C), CONCENTRATE FROM USA, ARGENTINA, AND CHINA.

BOTTLED IN USA
DISTRIBUTED BY APPLE & EVE LLC
PO BOX 8 ROSL IN NY 11576 USA

ICE No Sugar Added

FROM CONCENTRATE AND FRESH WHOLE APPLES WITH VITAMIN C ADDED

64 FL OZ (1.89 L)



CONTAINS 100% JUICE

MOTT'S

100% Apple Juice ORIGINAL

Mott's brings the best of the orchard to families so they can enjoy delicious fruit goodness every day. Since 1842, we've been dedicated to giving moms easy ways to help their families be their very best.

Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8

Amount Per Serving	% Daily Value*
Calories 120	
% Daily Value*	
Total Fat 0g	0%
Sodium 10mg	0%
Potassium 290mg	8%
Total Carbohydrate 29g	10%
Sugars 28g	
Protein 0g	
Vitamin C	120%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.
* Percent Daily Values are based on a 2,000 calorie diet.

WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).

MANUFACTURED UNDER LICENSE BY MOTT'S LLP, 5301 LEGACY DRIVE, PLANO, TX 75024. ©2010 MOTT'S LLP

**Provides 2 serving of fruit per 8 fl oz. Per MyPyramid, 1 serving = ½ cup. USDA 2005 Dietary Guidelines recommend a daily intake of 2 cups of fruit for a 2,000 calorie diet.

For more information visit www.motts.com
We welcome your questions or comments.
Please call 1-800-426-4891 (se habla español).

REFRIGERATE AFTER OPENING
Unsweetened • Pasteurized
ME-HI 5¢ PLEASE RECYCLE
70005036 MOTT'S APPLE JUICE 64 FL OZ

TABLE A4-2. Examples of Added Sugars That Can Be Listed as an Ingredient

Anhydrous dextrose	Lactose
Brown sugar	Malt syrup
Confectioner's powdered sugar	Maltose
Corn syrup	Maple syrup
Corn syrup solids	Molasses
Dextrin	Nectars (e.g., peach nectar, pear nectar)
Fructose	Pancake syrup
High-fructose corn syrup	Raw sugar
Honey	Sucrose
Invert sugar	Sugar
	White granulated sugar

Other added sugars may be listed as an ingredient but are not recognized by FDA as an ingredient name. These include cane juice, evaporated corn sweetener, fruit juice concentrate, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.