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# JUICE

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Can it be part of a healthy eating pattern?

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## Juice vs Fruit:

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**Whole Fruit:** Offers fewer calories for the satiety it provides, features more dietary fiber, takes longer to eat and therefore provides more eating satisfaction

**Juice:** Offers a quick and easy way to reach daily fruit servings and could be enriched with needed nutrients

## Kids and Juice:

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The amount of fruit juice allowed in the USDA Food Patterns for young children aligns with the recommendation from the American Academy of Pediatrics. Young children should consume no more than 4 to 6 ounces of 100% fruit juice per day.

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## Juice & Dietary Guidelines:

Juice allows for a lot of calories to be consumed quickly. There are 71 calories in one orange, yet 8 ounces of orange juice provides 112 calories. If people ate three oranges instead of drinking the juice, they would feel a lot fuller! Part of that is due to the three grams of dietary fiber in each orange. According to the Dietary Guidelines for Americans, 1/3 of all fruit eaten in America is in the form of juice. The Dietary Guidelines for Americans recommend that we “shift to mostly whole fruits, in nutrient-dense forms.” The guidelines also say that “although fruit juice can be part of a healthy eating pattern, it is lower than whole fruit in dietary fiber and when consumed in excess can contribute extra calories. Therefore, at least half of the recommended amount of fruit eaten daily should come from whole fruits.”

