

Fruit Juice or Fruit Drink – What’s the Difference?

While the cost of drinks and juices is similar, not much else about them is! Fruit-flavoured drinks are mostly made of sugar, and artificial colours and flavours. Anything called “drink”, “beverage”, “punch”, “-ade” or “cocktail”, usually contains little fruit juice. If the words 100 % *juice* isn’t in the name of the product, it’s not real juice. 100 % fruit juice has over 20 vitamins and minerals. Some fruit drinks may be fortified with vitamin C, or they may contain some real fruit juice, but they still do not contain potassium, B vitamins and other nutrients that are naturally present in 100% fruit juice. A half-cup (125 mL) of 100% juice provides one serving from the Vegetables and Fruit food group in Canada’s Food Guide.



BUT... too much juice may cause tooth decay, weight problems, diarrhea and a stomach upset. Also, children with small appetites may not be hungry at meal and snack times if they are filling up on juice, fruit drinks, pop or milk during or between meals. For these reasons limit the amount of juice children drink. Children between 1-6 years of age should limit juice to 3/4 cup juice per day, while children and youth between ages 7-18 should not drink more than one and a half cups per day.

**For health related information call York Region Community and Health Services
Health Connection at 1-800-361-5653 or visit www.region.york.on.ca.**