What’s Your Main Squeeze?

You may remember gulping down fruity flavored juice boxes as a kid, but do they actually pack a nutritious punch? While orange, grape, and cranberry juice may entice you at the dining hall, there is some confusion about the health benefits of juice. To help you out, here are several pros and cons of this childhood staple.

### Pros:
- **Drink to Your Health**
  - 100% citrus juice, such as orange or grapefruit, is an excellent source of Vitamin C.

### Cons:
- **Sneaky Sugar**
  - Juice contains high amounts of sugar and it is easy to over-consume this sweet beverage. Limit intake to four to eight ounces, which is about half a dining hall glass.

### Missing Pieces
- **Fiber**
  - Fiber, an important nutrient for digestive health, is lacking in fruit juice. To get all the nutritious benefits fruit can provide, choose a whole piece of fruit instead of juice. Grab an orange or apple the next time you are at the dining hall.

### Calories Count
- **An 8-ounce glass of orange juice typically contains more calories than the same amount of Coca-Cola.**

### Quick Tips:
- **H₂GO**
  - Drink water instead of juice. Juice drinks generally have added sugars and high fructose corn syrup, which provide empty calories.
- **Mix it Up**
  - Add a splash of juice to your seltzer or water to decrease calorie and sugar intake. The dining hall offers ambient, chilled, and sparkling water for you to choose from.

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**Lighten up your juicy side!**

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References:

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