



# EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## 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:

**Taste the Goodness**  
According to the 2020-2025 US Dietary Guidelines, one serving of 100% fruit juice counts as half of your recommended fruit intake for the day.

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

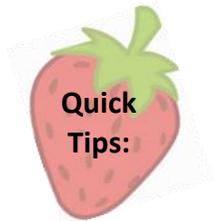


### Cons:

**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, 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. Although it is a more nutritious option than soda, you still need to moderate your intake.



### Quick Tips:

**H<sub>2</sub>O**  
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.

 *Lighten up your juicy side!* 

Revised By: Jessica Van Wie

References: Coca-Cola Product Facts Available at: <https://www.coca-colaproductfacts.com/en/products/coca-cola/original/12-oz/> Accessed on 4/15/21 Nutritional Benefits of 100% Juice Available at <https://fruitjuicematters.eu/en/nutrition-and-bio-availability/nutritional-benefits-of-100-fruit-juice> Accessed on 4/15/21 Dietary Guidelines 2020-2025 Available at <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups> Accessed on 4/15/21

Reviewed By: Dr. Peggy Policastro, RDN- Dining Services/IFNH

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru\_hdt), Instagram (@ru\_hdt), Snapchat (ru\_hdt) or email [peggyp@dining.rutgers.edu](mailto:peggyp@dining.rutgers.edu).