



LAND GRANT EXTENSION NUTRITION EDUCATION

Connecting Mother Earth through the Kitchen Table

UNITED TRIBES
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How Nutritious is Your Orange Drink?

Because of the many beverage choices in the supermarket today, it can be hard to figure out which ones are healthy. Listed below are comparisons of three different types of orange beverages. Even by looking at these comparisons, it may still be difficult to figure out which is the healthiest choice.

Fruit and its juices contain natural fruit sugars not added sugar. 100% fruit juice also contains vitamins and minerals needed for good health. Beverages labeled "fruit or juice drink," "juice beverage," or "juice cocktail" may be mostly sugar water and only 5 to 10% fruit juice.

Fruit juices can be used as a way to meet part of the "make half our plate fruit and vegetables" recommendation using the MyPlate Guide www.choosemyplate.gov. But, juice should not replace whole fruits. Whole fruits contain fiber, which is necessary to maintain a healthy body and prevent some diseases. Also fruit juices should not replace other beverages such as water and milk. Choosing a variety of beverages is the key to a balanced diet.

**Orange Juice,
100% Fruit Juice**
Serving Size: 1 cup
Calories: 112
Carbohydrate: 27 grams
Dietary Fiber: 1 gram
Sugar: 26 grams

Hi-C® Fruit Drink
Serving Size: 1 cup
Calories: 120
Carbohydrate: 31 grams
Dietary Fiber: 0 grams
Sugar: 30 grams

Sunny D® Orange Drink
Serving Size: 1 cup
Calories: 120
Carbohydrate: 29 grams
Dietary Fiber: 0 grams
Sugar: 27 grams

Sources: NDSU Extension Service: Garden-Robinson, Julie and Jocey Mother. "Fresh Squeezed Facts: A Parent's Guide to Juice," February 2000. Pennington, Jean. Bowes & Churches Food Values of Portions Commonly Used, 17th Edition. Philadelphia: J.B. Lippincott Co., 1998. The Minute Maid Company. "Hi-C® Blast Orange Fruit Drink Nutrition Facts. www.minutemaids.com/products/hic_fruit_drinks/hic_blast/orange Sunny Delight Beverages Co. "Sunny D® Tangy Original Style Nutrition Information." <http://www.sunnydelight.com/products/original.shtml>

REMINDER:

Water is the original soft drink.

Water is important to life and good health for all ages!



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