



### Juice

Don't drink your fruit, eat it! As the weather warms up outside, we are all tempted to grab a refreshing drink. However, it's important to understand what you're buying.

Commercially bought juices are marketed as a healthy choice, but did you know that a regular sized juice (approximately 600 ml) from a juice bar can contain up to 16 teaspoons of sugar? These commercial blended juices can use the equivalent of 5 serves of fruit to make one drink, which exceeds the recommended daily fruit intake of 2 serves a day. The energy (calories/kilojoules) in these drinks are equivalent to having a whole meal.

Another disadvantage of juicing fruit is that the fibre and other nutrients found in the skin and pulp are lost, unless then pulp is included. You'll also find that a juice won't satisfy your appetite, meaning you'll drink a large serve of energy-dense juice and then may opt to have a snack shortly after – not good from a weight management point-of-view.

My suggestion is to stick with water, and eat your fruit.

***VIS Sports Dietitian, Kylie Andrew***