

CSFP Nutrition Newsletter

Nutrition Information and Resources for Minnesota Seniors

Debunking Myths About 100% Orange Juice



Orange juice is a nutrient dense beverage and can be part of a healthy diet. In this newsletter the common myths and mistaken beliefs about 100% orange juice (and other 100% juices) will hopefully be discredited so those who consume 100% juice can rest assured what they are consuming is nutritious and good for you.

100% unsweetened orange juice is part of the CSFP Food Package. It can be included as a permanent staple in one's daily diet and recommended as a beverage choice to help reach nutritional goals.

Myth #1: Orange Juice is Packed with Added Sugars

100% orange juice has no added sugar. Its sweetness comes from the natural sugars that develop as the oranges grow on the trees.

Key words to look for that indicate juice has added sugar:

- “-ade”, “drink”, “cocktail” or “punch”
- “Corn Syrup”, “Dextrose” and “Sucrose” are clear indicators that sugar has been added to juice.

Myth #2: Orange Juice Cannot Be Part of a Healthy Diet

100% orange juice is widely known as being rich in Vitamin C. One eight ounce glass provides more than 100% of the recommended daily value. Potassium (needed for proper heart, kidney and muscle function); folate (may prevent cardiovascular disease) and thiamine (for cell growth and function) are also essential vitamins and minerals that 100% orange juice provides.

Myth #3: Orange Juice Is Not as Healthy as a Whole Orange

The nutritional value of 100% orange juice is similar to a whole orange, except for the fiber. However, the advantages to having orange juice occupy refrigerator shelves is that it's available year round, costs less and has a longer shelf life. It's a convenient way to get these valuable nutrients and minerals.

One eight ounce cup of 100% orange juice counts as one cup of fruit.

Myth #4: Orange Juice is Not For Those With Diabetes

Consuming extra calories from any food can increase body fat.

Research shows that 100% orange juice or 100% fruit juice is not related with an increased risk of developing diabetes. Studies indicate that there are no harmful side effects on blood glucose or insulin uptake when 100% orange juice is enjoyed.

The 2020-2025 Dietary Guidelines for Americans reinforces that nutrient-dense 100% percent fruit juices, such as 100% orange juice, counts as one, full fruit serving. The guidelines continue to include 100% fruit juice as part of a healthy dietary plan.

The latest Dietary Guidelines for Americans 2020-2025, which was released in December 2020, recommends that primary beverages be calorie free, (water) or provide beneficial nutrients, such as 100% fruit juice.

References:

Lmld.org

Floridacitris.org

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition.

NHANES 2013-2016 Data 15 Report

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Orange Berry Smoothie

What You'll Need:

½ Cup Frozen Berries (preferred, although you can use fresh).

½ Banana

1 Cup CSFP Orange Juice

3 oz. Strawberry Yogurt/Greek Yogurt

¼ Cup CSFP UHT Shelf Stable Milk

1 tsp Vanilla Extract

Four to Five Ice Cubes

How To Make It:

Add berries, banana, juice into blender

Blend together

Add in yogurt and vanilla extract and blend together

Add milk and ice cubes; and blend until completely smooth.

Serve into eight ounce glasses & enjoy!