

34. Is fruit juice healthy?

When you convert fruit into juice you are left with only the sugar and water and none of the fibre; so it's very easy to drink too much. Fruit juice is not recommended for diabetics and should only be used in very small quantities (or diluted with water) for children. Many people believe that 100% fruit juice is a healthy drink but it still contains sugar. Fruit juice 'drinks' contain a maximum of 50% fruit juice with the remainder being sugar and water.

When you are looking for a thirst quencher pick up the water bottle instead of fruit juice. When buying fruit juice, make sure you choose 100% no added sugar and limit the amount to 1 small glass per day.

