

hfg guide to fruit & vege juice

Nutritionist **Rose Carr** investigates what goes into juices, and which varieties are the best buys.

Your checklist

We recommend choosing either a juice or a fruit drink without added sugar.

Juice

- Check the amount of juice by reading the description or the ingredients list.
- Concentrated juice is just as good.
- For vegetable juice, compare products and choose a low sodium option.

Fruit drink

- Look for a high juice content – we suggest 25 per cent minimum.

Healthy Food Guide picks

Arano Carrot Juice

Per 250ml serve (1 cup): 363kJ, 21.3g sugars, vitamin C not stated; \$2.66

Tastes like a home-juiced variety – lovely sweet carrot flavour. This juice contains a very useful 5g fibre per cup.



V8 Vegetable Juice Low Sodium

Per 250ml serve (1 cup): 213kJ, 6.5g sugars, 40mg vitamin C; \$1.23

A thick, substantial juice. Enjoy as a breakfast drink or with a dash of Tabasco as a light aperitif.



Ocean Spray Light Cranberry Juice

Per 250ml serve (1 cup): 83kJ, 5g sugars, vitamin C not stated; \$1.27

27% juice. A smooth, deep flavour which is not too sweet and a little tart.



Phoenix Organic Feijoa & Apple Juice

Per 250ml serve (1 cup): 495kJ, 28.8g sugars, 87mg vitamin C; \$1.16

Delicious: light and not too sweet. The feijoa adds a slight bite.



Just Juice Splash



Per 250ml serve (1 cup): 223kJ, 12.8g sugars, 88mg vitamin C; \$1.44

50% juice, 50% spring water. We recommend this is consumed with meals. A sweet, light drink.

Barkers Berrylife Mixed Berry fruit drink concentrate

Per 250ml serve (1 cup) made up with 1 part concentrate and 3.3 parts water: 483kJ, 23.8g sugars, 100mg vitamin C; \$0.72

Concentrate is 100% juice. Add water to taste for a 15-35% juice drink. A smooth, deep flavour which isn't too sweet and with just a little tartness.

