

Juice and the Australian Dietary Guidelines

Fruit and vegetable juices come from whole fruit and vegetables, and can play an important role as part of a healthy diet.

Role in the diet.

Fruit - and its juice - is one of the five food groups. The Australian Dietary Guidelines¹ state that fruit juice (no added sugar) can be included as part of a balanced diet and contribute to the recommended two daily serves of fruit because of its positive nutritional profile.

Many Australians (both adults and children) do not meet the guidelines for the recommended daily two serves of fruit. Only 1 in 3 Australians met the recommendation for fruit in the latest nutrition survey with an average of just 1.5 serves of fruit (including fruit juice and dried fruit) consumed per person aged two years and over².

Juice (no added sugar) can play an important role in helping people, especially children, to meet their fruit serve recommendations³. Fruit juice is an important source of fluid and can provide vitamins, such as vitamin C, folate and

minerals, such as potassium. It also contains a range of antioxidants, such as anthocyanin, catechin and phenols⁴.

What is juice (no added sugar)?

Juice Australia defines fruit juice as 99% or more unsweetened fruit juice with no added sugar. This definition allows the addition of nutrients that may be lost in processing consistent with current Australian food standards.

What is a fruit juice serve?

According to the Australian Dietary Guidelines¹, the recommended serve size is 125ml or ½ cup fruit juice (no added sugar). In comparison, a serve of fruit is about 150g e.g. 1 medium apple.

Juice Australia supports the Australian Dietary Guidelines and the preference for fruit daily, and juice occasionally, in helping to meet the recommended fruit serves which are high in fibre.

Fast facts

Nutrients in juice

Vitamin C

Vitamin C plays a role in growth, development and the repair of body tissues as well as absorption of iron, immunity and wound healing.

Folate

Folate is needed for making and repairing our genetic material [DNA and RNA] and is important in cell division and growth. A link between folate levels in pregnant women and neural tube defect (spina bifida) brought attention to the importance of this B vitamin. It also has a role in the production of red blood cells.

Potassium

Potassium is necessary for fluid balance, muscle contraction and conducting nerve impulses in our body.

Antioxidants

Antioxidants play a role in protecting the body and cells from damaging free radicals, which are unstable molecules that are created by sun exposure, stress, and as part of the natural ageing process.

Daily minimum fruit serves¹

2-3 years	1 serve
4-8 years	1.5 serves
8-11 years	2 serves
12-18 years	2 serves
Adults	2 serves

1 fruit serve

= 150g fruit or 125 ml juice (½ cup)

Did You Know?

Per 100g, fruit juice and their whole fruit counterparts are nutritionally similar (aside from dietary fibre) including the total sugar and energy content. However, it takes several pieces of fruit to make a small amount of juice which is a reason why the recommendation for juice is limited to 125ml per serve.

