

Nutrition in fruit and vegetable juices

Fruit and vegetable juices (no added sugar) can play an important role as part of a healthy diet.

Nutrients in juice

Fruit and vegetable juices can provide a range of vitamins and minerals such as vitamin C, folate, potassium and other nutrients including antioxidants – all of which are great for health¹.

Benefits of juice

Fruits and vegetables, if consumed on a daily basis, can help prevent conditions such as cardiovascular disease, stroke and certain cancers. Other health benefits linked with the consumption of fruit and vegetables every day include weight reduction and preventing weight gain¹.

Based on detailed nutrition surveys, on what people eat and drink, it is clear that Australians need more fruit and vegetables in their daily diet².

Sugar and energy density of fruit juice

Per 100g, fruit juice and their whole fruit counterparts are nutritionally similar (aside from dietary fibre), including total sugar and energy content. It takes several pieces of fruit, however, to make a small amount of juice.

This is a reason why the recommendation for juice is limited to 125ml per serve.

Across the whole Australian population, fruit and vegetable juices (no added sugar) provide a small amount of energy [kilojoules] [less than 1% of total energy intake for adults and 1.2% for children]⁴.

Juices (no added sugar) contribute, on average, 3.5% to total sugars intake [3.1% for adults and 4.6% for children]⁴. This is a relatively small amount across the Australian population compared to other food and drinks.

Fruit juice vs fruit juice drink

Fruit juices are sometimes incorrectly considered sugar sweetened drinks. Sugar-sweetened beverages include fruit juice drinks (with added sugar), soft drinks, energy drinks and sport drinks, among others.

The nutritional composition of fruit and vegetable juices (no added sugar) is different to juice drinks. For example, orange juice (no added sugar) contains fewer kilojoules, more than double the fibre, and around half the amount of sugar compared to the same quality of orange fruit juice drinks³.

Fast facts

What kind of sugar is in juice?

All fruits (and vegetables to a lesser degree) naturally contain sugars, including sucrose, glucose and fructose, which is why these types of sugars are found in fruit juices (no added sugar).

The amount of sugars in fruit juices varies from 0.5g to 10g per 100g, depending on the fruit variety and harvest time, and is like what you would see in the whole fruit per 100g.

A 125ml (1/2 cup) glass of orange juice provides around 7g of sugar (around 1.5 teaspoons of sugar).

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?

Difference in nutrient comparison between orange juice (no added sugar) and orange fruit drink³

Nutrient per 100g	Orange juice (no added sugar)	Orange fruit drink (25% juice)
Energy (kJ)	115	183
Fibre (g)	10.8	5.7
Total sugar (g)	0.1	0.3

