

Community Health Newsletter

Week Ten



J: Juice



Drinking 100% pasteurized juice or juice nectar can be a tasty alternative to water, but buy 100% fruit juice and not fruit beverages. Examine the ingredients.

Juice comes in many different flavors: apple, cranberry, grape, grapefruit, orange, peach, pear, prune, etc. Check nutrient levels on juice blends; these usually do not have the level of nutrients that say, 100% pure orange juice. Pasteurization increases shelf life and significantly reduces bacteria

count while not affecting the flavor or vitamin and mineral content of the juice.

While drinking juice is *almost as good* as eating the whole fruit, consuming too much juice may replace the other nutritious foods a child would normally eat.

Age	Amount
6 – 12 months	4 ounces per day
1 – 4 years	6 ounces per day
4 – 12 years	8 ounces per day

Juices with a high fructose-to-glucose ratio and that contain sorbitol (apple, prune, cherry, peach and pear) can aggravate immature or irritated intestines causing cramping, gas, and even mild diarrhea.

While juice provides about the same vitamins and minerals as whole fruit, you do not get the fiber. Juice is often a more concentrated source of calories than solid fruits and vegetables.

ACTIVITY TIP

To offset the effects of abundant holiday food/meals combined with watching football, parades, and specials on television, make certain to incorporate physical activity into each day.

- Take a long family walk. Don't forget the dog.
- Organize an impromptu scavenger hunt for acorns or the perfect yellow leaf.
- Choose a holiday word (or use spelling words) such as THANKSGIVING. Have family members take turns demonstrating an activity to go with each letter. T-touch toes, H-hula hips, etc.

Food Of The Week: Juice

Orange – This juice has the highest amount of vitamin C and potassium and is a good source of folate and thiamin. It also contains cancer-fighting phytochemicals.

Grapefruit – The juice has the second highest amount of vitamin C, but if you are taking medication, read labels and check for drug interactions.

Apricot Nectar – High in vitamin A, it contains small amounts of iron and zinc.

Prune – This juice is high in iron, zinc, fiber and niacin.

Apple – This juice has no nutritional advantage over other juices, but it dilutes well.

Apple juice and apple cider are both made from apples, but fresh cider is raw apple juice that has not undergone a filtration process to remove coarse particles of pulp or sediment.

Simmered Cider

2 quarts unsweetened, pasteurized apple cider
sliver of lemon peel
1/2 teaspoon whole allspice
1/2 teaspoon whole cloves
1 stick cinnamon

Heat all ingredients in a saucepan and let simmer for 10 minutes, or simmer in a crock-pot. Strain and serve. Makes 16 servings.

Nutritional Information (1 serving):

Calories: 54

Carbohydrate: 13 grams

Protein: 0 grams

Fat: 0 grams Saturated Fat: 0 grams

Cholesterol: 0 mg

Sodium: 4 mg Potassium: 137 mg Calcium: 9 mg

Fiber: trace Exchanges: 1 fruit

Source: South Dakota Diabetes Control Program

