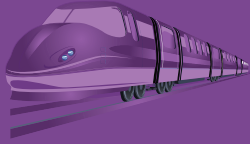


# The Wellness Express™



Jump on the train to good health

Issue 4, April 2012

## What You Need to Know about Fruit Juice

**Presented by:** Total Health Systems

The average person now gets 21% of his or her daily calories from beverages, which as a percentage has risen considerably in the last three decades.<sup>1</sup>

While it generally contains vitamins and other nutrients, fruit juice can be high in calories and sugar, even 100% pure juice. Commercially sold fruit juices actually lose nutrients as they go through the manufacturing process. Eat whole fruit rather than juice, as it is lower in calories. An apple is about 60 calories, while a serving of apple juice is 120 calories. With whole fruit, you also obtain the benefit of fiber, which helps you feel fuller.

Avoid fruit juice that contains added sugar; instead opt only for pure juice. Fructose occurs naturally in fruits and vegetables, but to your body any type of sugar is processed the same way. Sugar is linked to a variety of health problems like tooth decay, obesity and diabetes.

Read juice labels carefully for calorie count and serving size. You should drink no more than 8 ounces of fruit juice per day. When in doubt, you should measure fruit juice in a measuring cup as many drinking glasses are larger than recommended serving sizes.

What about squeezing your own juice? Using a juicing machine may retain more vitamins and nutrients, but you are still likely to consume more calories than eating whole fruit.

### Kids and Teens

Just like adults, children and teens should consume fruit juice in moderation. The American Academy of Pediatrics makes the following recommendations for daily fruit juice consumption based on a child's age.<sup>2</sup>

- Younger than 6 months - Do not give fruit juice to infants younger than 6 months since it offers no nutritional benefit at this age.
- 1 to 6 years - Limit juice to 4 to 6 ounces (118 to 177 milliliters) per day. For children older than 6 months, fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients. Do not allow your child to carry a cup or box of juice throughout the day
- 7 to 18 years - Limit juice to 8 to 12 ounces (237 to 355 milliliters) per day.



### Exercise of the Week

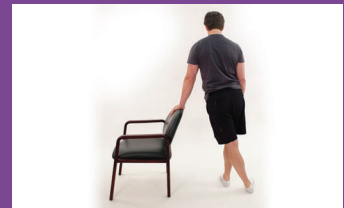
Standing TFL Stretch

Difficulty: Moderate

*(Consult your chiropractor before doing this or any other exercise.)*

**Start:** Standing behind a chair, turned sideways. Lean against chair to maintain balance.

**Exercise:** Place foot closest to chair behind other. Keeping hind leg straight, slide foot further away from chair – until you feel a light pull on outside of hip. Hold for 30-60 seconds. Switch sides and repeat 2X per side.



Presented by:



Encourage children to eat whole fruit rather than juice and to drink water for thirst. Experts also recommend you serve juice only with meals. For overweight children or teens, consult your chiropractor or pediatrician for advice.

It can be a challenge to monitor the beverage habits of teenagers. About 90% of adolescents consume sugar-sweetened beverages daily, predominantly soda, fruit juice and sweetened tea.<sup>3</sup> This large percentage of sugary beverage consumption is believed to be a key contributor to the obesity epidemic. According to a study published in the *Archives of Pediatrics & Adolescent Medicine*, drinking water instead of sugar-filled beverages could slash 235 calories per day from the diet of a teen.<sup>3</sup>

The good news is that clear product information appears to help teenagers in making healthier beverage choices. A study conducted by the Johns Hopkins Bloomberg School of Public Health supports this theory. Researchers posted signs in grocery stores of a low-income Baltimore neighborhood. Each sign had one of the following messages: "Did you know that a bottle of soda or fruit juice has about 250 calories?"; "Did you know that a bottle of soda or fruit juice has about 10 percent of your daily calories?"; or "Did you know that working off a bottle of soda or fruit juice takes about 50 minutes of running?"

The researchers noted that the "50 minutes of running" text was the most effective, slashing soda and fruit juice sales by 50% among teenagers in the neighbourhood.<sup>4</sup>

## Hormone Sensitivity with Fructose

Another study uncovered compelling research about how fructose-sweetened beverages affect intra-abdominal fat. In a 10-week study, participants drank either glucose or fructose-sweetened beverages. While both groups gained the same amount of weight, the fructose consuming group was found to have increased abdominal fat. As well, this group also became less sensitive to the hormone insulin, which controls blood sugar in the body.<sup>5</sup>

## Is Vitamin Water Better?

One of the newest products to join the beverage market is vitamin water, which usually contains fruit juice or flavoring plus small amounts of vitamins. Unfortunately, this type of drink contains on average 30 to 35 grams of sugar per bottle! That is really going to push up your calorie count.

When it comes to fluid, Mother Nature may have provided the best option for us... drinking clean, zero calorie water.



## Quote to Inspire

*"Imagination is more important than knowledge."*

*Albert Einstein*

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