

Fruit Juice and Fruit Drinks

What's the difference?

Fruit juice contains **100% real juice from the fruit**, which provides essential vitamins and minerals.

Fruit drinks are made mostly of **sugar and water**.

Fruit drinks contain **VERY LITTLE** real fruit juice and **do not** have the vitamins and minerals that your body needs.



Choose 100% pure fruit juice!

How to choose the right fruit juice?

Read labels: on the package you should see «pure», «100% pure fruit juice» or «unsweetened».

Double check with the ingredient list: You should not see sugar as an ingredient.



What is not good? Anything that reads: «Punch», «Cocktail», «Drink», «Made with real juice», «Beverage» or «natural and artificial flavour».

