

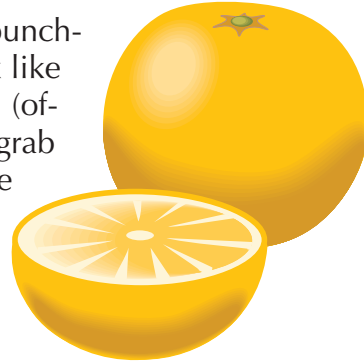


Punch Out Fruit Punch—Pick Whole Fruit



It's easy to tell the difference between fruit punch and 100% fruit juice. Only the pure juice will say "100% juice" right on the label—this goes for orange juice, grapefruit juice, or any kind of juice. It is even better to eat whole fruit instead of juice. While 100% juice is packed with vitamins and minerals, whole fruit has that and more! Whole fruit can have up to three times the fiber that juice has, and it is easy to grab on the go.

Other fruit drinks and colored punches that don't say "100% juice" on the label may look like pure juice, but they usually contain very little juice (often none at all) and a lot of sugar. When in doubt, grab a whole piece of fruit instead of juice! And if you're thirsty, water is always the best option.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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