



# Word of Mouth

2 Nelson Road Whitstable Tel: 01227 771323

The patient's practice newsletter

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**YOU ARE NOW  
DUE FOR  
YOUR ROUTINE  
CHECK-UP**

**Please contact the  
practice to arrange a  
suitable  
appointment**

## **Fruit Juice - Separating Fact from Fiction**

Recent research has cleared up confusion about pure fruit juice as part of a regular diet.

Dr. Theresa Nicklas, professor of paediatrics at Baylor College of Medicine, has conducted research on juice consumption among children. Her findings support the daily recommendations of the American Academy of Paediatrics:



4-6 ounces of 100 percent juice for children **1-6 years old** i.e. approximately **one glass** and 8-12 ounces daily for older children from **ages 7-18** i.e. approximately **two glasses**

## **Aren't whole fruits a better source of nutrients than juice?**

Not necessarily as adults and children are notorious under-consumers of whole fruit. A serving of 100 % fruit juice is a convenient way to help meet the recommended servings of fruit. Fruit juices also provide substantial contributions of several nutrients in higher amounts in the diet than do whole fruits, including vitamin C, folate and potassium. In addition, 100 % fruit juice



contains many naturally occurring phytonutrients that contribute to good health.

## **Does fruit juice have a lot of sugar and calories?**

No. 100 % fruit juice has a similar sugar profile to fruit.

The way nutritionists look at foods and beverages is in terms of 'nutrient density' – or the amount of vitamins and nutrients the food provides for its calories.



## **Isn't the acid in fruit juice bad for your teeth?**

The acid in fruit juice could be harmful to teeth if you were to drink an excessive amount of it or hold it in contact with the teeth for long periods of time.

One or two glasses a day, preferably with a meal, shouldn't cause any pronounced acid erosion. However, if you already have sensitive teeth or signs of acid erosion, (for example, due to a 'silent' gastric reflux'), then it would be advisable to drink the fruit juice through a straw or rinse with milk or water afterwards.

**Dr Paul Downes**  
BDS MGDS DGDG LDS