

100% fruit juice may improve nutrition among children, teens

A study published in *Public Health Nutrition* shows that the consumption of 100% fruit juice may help improve nutrient adequacy among 2–18 year olds.

March 28, 2012

A study published in *Public Health Nutrition* shows that the consumption of 100% fruit juice may help improve nutrient adequacy among 2–18 year olds. The new study from researchers at the Louisiana State University Agricultural Center and Baylor College of Medicine highlights the effect that consumption of fruit juice had on select nutrients (ones that have been identified as "nutrients of concern" and are most frequently under-consumed in children's diets), namely: dietary fiber; vitamins A, C, and E; magnesium; folate; phosphorus; calcium; and potassium.

The researchers used data from the 2003–2006 National Health and Nutrition Examination Survey (NHANES) to examine the diets of a nationally representative sample of children and adolescents ages 2–18 years. They found that, with the exception of vitamin E and fiber, consumption of 100% juice was associated with higher usual intakes of all of the aforementioned nutrients. (Of note, although juice drinkers did not exhibit higher intakes of dietary fiber, their fiber intake was not lower than non-consumers, as experts have previously speculated may occur).

"One hundred percent fruit juice plays an important role in the diets of children and teens, supplying important nutrients during crucial years for growth and development," said lead researcher Carol O'Neil. "Drinking 100% juice should be encouraged as part of an overall balanced diet."