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21 Jan
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Oranges versus orange juice: Which one might be better for your health?



([/images/DRINKS-Jan-April-2015/Orange-juiced.jpg](#)) Many health advocates advise people to eat an orange and drink water rather than opt for a serving of sugary juice. But in

ACS' Journal of Agricultural and Food Chemistry, scientists report that the picture is not clear-cut.

Although juice is indeed high in sugar, the scientists found that certain nutrients in orange juice might be easier for the body to absorb than when a person consumes them from unprocessed fruit.

Researchers Ralf Schweiggert, Julian Aschoff and colleagues note that oranges are packed with nutrients such as carotenoids and flavonoids that, among other benefits, can potentially help lower a person's risk for certain cancers and cardiovascular disease.

But many people prefer to drink a glass of orange juice rather than eat the fruit. Sugar content aside, are they getting the same nutritional benefits? Schweiggert's team set out to answer that question.

The researchers found that the production of pasteurised orange juice slightly lowered the levels of carotenoids and vitamin C. But at the same time, it significantly improved the carotenoid and vitamin C bioaccessibility — or how much the body can absorb and use.

And contrary to conventional wisdom, although juicing oranges dramatically cut flavonoid levels, the remaining ones were much more bioaccessible than those in orange segments.

Journal Reference:

"In Vitro Bioaccessibility of Carotenoids, Flavonoids, and Vitamin C from Differently Processed Oranges and Orange Juices [*Citrus sinensis* (L.) Osbeck]"

<http://pubs.acs.org/stoken/presspac/presspac/full/10.1021/jf505297t>
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