




Healthy Living Series – The Fact about Fruit Juice



Fruit has higher nutritional value than fruit juice. Do encourage children to eat whole fruit 

- 1 Fruit juice is high in sugar and energy but low in dietary fibre
- 2 Juicing leads to nutrients loss

When fruit juice is often served as a substitute for whole fruit

Prone to ...



Overweight and obese



Tooth decay



Constipation

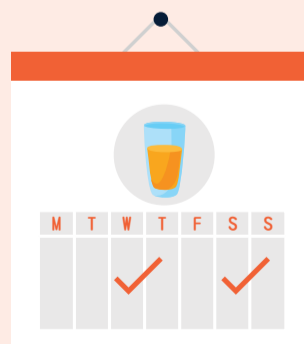


If fruit juice is provided to young children

Take note...



Choose pure fruit juice without added sugar



Do not drink more than 2 days a week



Do not drink more than 180 ml each time

