

Why You Should Drink 1 Glass of Juice Today

Everyone knows an apple a day can keep the Grim Reaper at bay. But so, apparently, will a glass of apple juice.

Sure, fruit juice has more calories than water. But new research, presented at the Experimental Biology meeting this week, shows that men and women who drink exactly one glass of 100 percent fruit juice each day are leaner, and have lower risks of heart attack, diabetes, and stroke.

The key: moderation. The benefits disappear if you drink two or more glasses.



University of Minnesota researchers surveyed more than 14,000 people and compared 100 percent juice drinkers to non-juice drinkers. They found that people who drink a glass of 100 percent fruit juice daily are 22 percent less likely to be obese, and have a 15 percent lower risk of metabolic syndrome, which increases risk of cardiovascular disease and diabetes. “We know that maintaining a healthy diet rich in fruits and vegetables is linked to decreased risk of some chronic diseases,” says study author Mark Pereira, Ph.D. “One cup of 100 percent fruit juice counts as a serving of fruit. And based on our analysis, it delivers some of these same benefits.”

Still, Pereira admits, a piece of fruit is an even better choice. “You’re getting less concentrated sugar, few calories, and more fiber to fill you up,” he says.

One 8-ounce cup of orange juice, for example, has 109 calories, 0.5 grams (g) of fiber, and 25 g of carbohydrates. One medium orange has only 65 calories, 3.4 g of fiber, and 16 g of carbohydrates.

And consider all the other benefits of whole fruit next time you’re on the produce aisle. For instance, a whole orange is easier to stow in a desk drawer, throw into a picnic hamper, or even chuck at the neighbor’s house, if necessary.