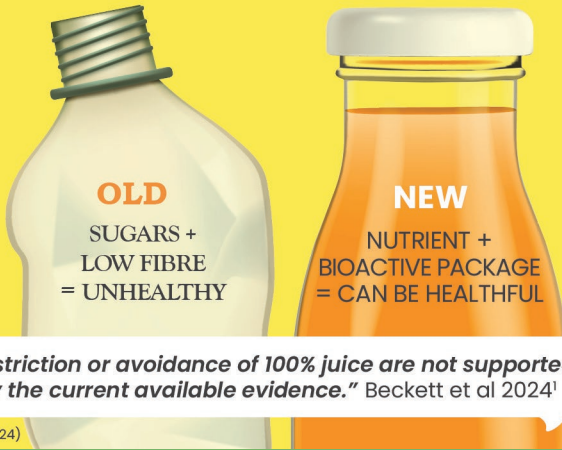


100% CITRUS JUICE: More to see than sugars

Scientific research now shows that we need to look beyond the sugars content to understand the health effects of 100% citrus juice



THE EVOLVING SCIENCE on 100% citrus juice



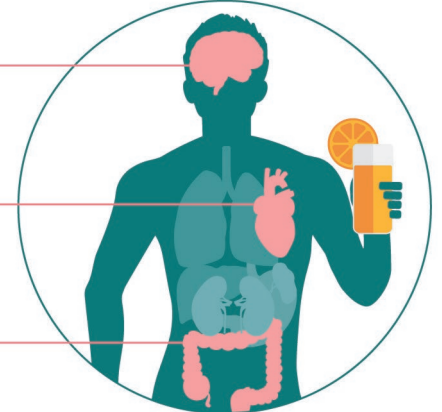
1. Beckett (2024)

100% citrus juice has HEALTH BENEFITS

BRAIN:
improved cognitive function in the short and long term^{1,2}

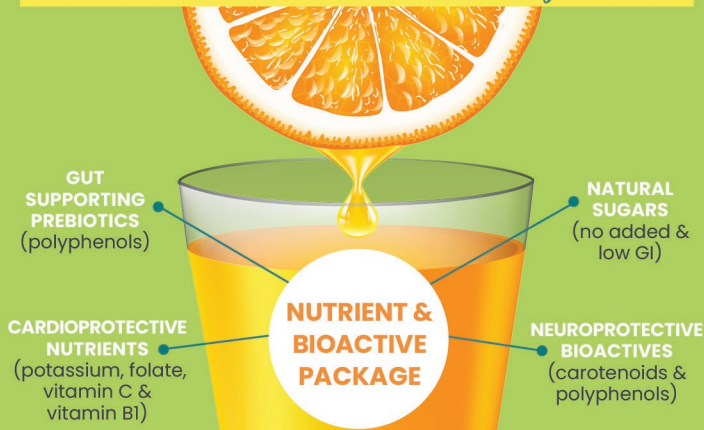
HEART:
reduced cholesterol^{3,4},
insulin resistance^{3,4}
and inflammation^{4,5}

GUT:
improved gut microbiota composition⁶



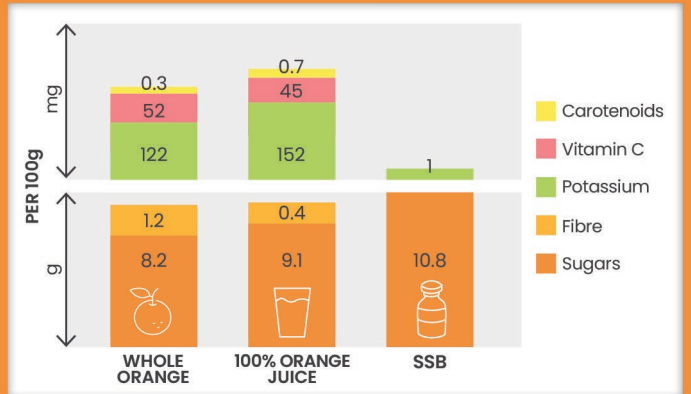
1. Ruxton (2021) <https://doi.org/10.3390/nu13061815>. 2. Yuan (2019) <https://doi.org/10.1212/WNL.0000000000006684>. 3. Motallaei (2021) <https://doi.org/10.1002/ptr.7173>. 4. Alhabeeb (2020) <https://doi.org/10.1080/10408398.2020.1865263>. 5. Cara (2022) <https://doi.org/10.1093/advances/nmab101>. 6. Lima (2019) <https://doi.org/10.1089/jmf.2018.0080>.

WHAT'S INSIDE 100% citrus juice?¹⁻⁴



1. Australian Food Composition Database (2022). 2. Perez-Jimenez (2010) <https://doi.org/10.1021/jf100125b>. 3. Pupin (1999) [https://doi.org/10.1016/S0308-8146\(98\)00095-8](https://doi.org/10.1016/S0308-8146(98)00095-8). 4. The International Glycemic Index Database (2012)

How does 100% citrus juice COMPARE?¹



100% CITRUS JUICE =
NUTRITIOUS BEVERAGE + AFFORDABLE SERVE OF FRUIT

1. Ruxton (2021) <https://doi.org/10.3390/nu13061815>

100% citrus juice is COMMONLY MISUNDERSTOOD

"Has the sugars & calories of 2-3 oranges"

- 250mL of 100% orange juice only has the sugars & calories of just over 1 whole orange!
- Not all the sugars & calories in an orange are in the juice

"Makes you gain weight"

- No increase in weight or waist circumference in adults²
- Less than 250mL recommended for very young children

"Terrible for teeth"

Some dental erosion at very high doses (≥750 mL/day) but evidence of harm in real-world conditions is limited³

1. Australian Food Composition Database (2022). 2. D'Elia (2021) <https://doi.org/10.1007/s00394-020-02426-7>. 3. Liska (2019) <https://doi.org/10.3389/fpubh.2019.00190>

HOW TO CHOOSE 100% citrus juice

JUICES THAT ARE:

- ✓ From oranges, mandarins, grapefruits, lemons & limes
- ✓ Fresh or reconstituted to original concentration
- ✓ With or without pulp
- ✓ Store-bought or home-made
- ✓ Enjoyed as a drink or added to meals

NOT JUICES WITH:

- ✗ Added sugars
- ✗ Added sweeteners
- ✗ Added nutrients

For educational purposes only.

Hort Innovation
CITRUS FUND

This project has been funded by Hort Innovation using the citrus research and development levy and funds from the Australian Government. For more information on the fund and strategic levy investment visit horticulture.com.au

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