

Fruit and Fruit Juice Are Not Equal Nutritionally

There is no replacement for the benefits of whole fruits. Neither do pure fruit juice.

Whole fruit is rich in dietary fibre that helps bowel movement and prevents constipation. Apart from this, dietary fibre can increase feelings of fullness and satiety. Having fruits as snacks may prevent overeating and consequently excessive energy intake. Most of the dietary fibre, however, is removed in fruit juices during processing such as squeezing. Therefore, whole fruits are preferred so as to ensure adequate fibre intake.

	Apple juice (1cup, 240 ml)	Apple, without skin (medium, about 161 g)	Apple, with skin (medium, about 182 g)
Energy (kcal) ¹	114	77	95
Dietary fibre (g)	0.5	2.1	4.4

Source: The Nutrient Data Laboratory, United States Department of Agriculture

¹ 1 kcal = 1000 calories = 4.2 kJ

Adequate daily intake of fruits can reduce the chance of developing chronic diseases such as heart diseases and colon cancer. It is recommended that adults should have a daily intake of at least 2 servings of fruit. One serving of fruit is equivalent to -

- 1 piece of medium-sized fruit (e.g. apple, orange)
 - 2 pieces of small-sized fruit (e.g. kiwifruit, plum)
 - 1/2 bowl of fruit cuts (e.g. star fruit, papaya, grapes, strawberries)
 - 1/2 piece of large-sized fruit (e.g. banana)
 - 1 tablespoon of dried fruits without added sugar (e.g. raisin)
- (Remark: 1 cup = 240 ml; 1 bowl = 250-300 ml)

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