



Drink your citrus juices, They are tops in a new study

In a time when consumers are flooded with so many conflicting beverage health claims, 100% pure pink (Red) grapefruit juice and orange stand out as nutritional champions according to a new study published in the May 2007 issue of the "Journal of Food Science."

This study shows that citrus juices provide more nutrients per calorie than other commonly consumed 100% fruit juices such as apple, grape, pineapple, and prune.

Citrus juices earned the highest nutrient-density scores because compared to other juices in the analysis they are lower in calories and higher in essential nutrients including: Vitamin C, Folate (orange) and equal to or higher in Vitamin A, thiamin, and phosphorous.

This study used six methodologies to quantify the nutrient density of seven commonly consumed 100% juices including apple, grape, orange, pineapple, pink (Red) grapefruit, prune, and white grapefruit. The pink (Red) grapefruit had the highest density score based on all methods except one, where orange had a slightly higher score.

Why nutrient dense? So many people consume more calories than they need without meeting recommended intakes for a number of nutrients. Citrus juices, especially pink (Red) grapefruit, offer important benefits that help to reduce the risk of chronic diseases, support normal growth and development of children and promote health for people of all ages.

Texas Rio Red Grapefruit Juice – The Healthy Choice