



YOUR **new**  
**SQUEEZE**

Overwhelmed by the array of fruit and vegetable juices on the market? We've unearthed some of the best no-added sugar options around. By Vanessa Schuldt





## SUPERMARKET ► CHILLED JUICES



### Super Nudie, FIBRE

[ **Ingredients** ] Pear juice, banana puree, chia seeds, cinnamon.

**Energy per 250ml: 895kJ**

**Nutrition highlights...**

Thanks to the chia seeds, it delivers an impressive 6g fibre per 250ml serving. It's a source of heart-friendly omega-3s too.

potassium, which helps maintain electrolyte and fluid balance to keep you hydrated.



### Emma & Tom's Life Juice, GREENPOWER

[ **Ingredients** ] Apple juice, banana puree, passionfruit pulp, plum puree, lemon juice, spirulina, chlorella, alfalfa, kelp, spinach, dulse seaweed.

**Energy per 350ml: 837kJ**

**Nutrition highlights...**

It's made from crushed fruit and contains iron with vitamin C, to maximise the iron absorption. The fibre content is impressive too – 6g per 350ml serve.



### Preshafruit PreshaCleanse, G1

[ **Ingredients** ] Fruit juice (pear, lemon), vegetable juice (celery, cucumber, spinach, cos lettuce), vitamin C.

**Energy per 500ml: 570kJ**

**Nutrition highlights...**

Fresh fruit and vegetables are juiced and a cold pasteurisation process is applied to maintain nutritional goodness.



### Cawston Press, APPLE & RHUBARB

[ **Ingredients** ] Pressed apple juice, pressed rhubarb juice, vitamin C.

**Energy per 250ml: 483kJ**

**Nutrition highlights...**

These apples are picked at the peak of their ripeness and the majority are promptly pressed the same day. Any left are pressed within 48 hours to deliver a truly nutritious juice.



### Emma & Tom's Life Juice, COCONUT & PINEAPPLE

[ **Ingredients** ] Young green coconut water, pineapple juice.

**Energy per 350ml: 448kJ**

**Nutrition highlights...**

Coconut water contains

## SUPERMARKET ► LONG-LIFE JUICES



### Sunraysia PRUNE 100% JUICE

[ **Ingredients** ]

100% prune juice (from concentrate).

**Energy per 250ml: 770kJ**

**Nutrition highlights** It's

naturally rich in antioxidants, especially vitamin E, to protect cells from free radical damage. Prune juice is packed with dietary fibre too, to support regularity.

with meals that don't include enough vegetables. The low sodium level is an added bonus.



### Campbell's V8 Smoothies, APPLE AND PINK GUAVA

[ **Ingredients** ] Juice of apple, sweet potato, pear, guava, pineapple, banana, purple carrot, blackcurrant, vitamin C, food acids (malic acid, citric acid), natural flavours.

**Energy per 300ml: 595kJ**

**Nutrition highlights** It's a delicious smoothie with a vegetable twist. There's one serve of veggies and 1.5 serves of fruit in every 300ml serving.



### Campbell's V8 Vegetable Juice, LOW SODIUM

[ **Ingredients** ] Juice of tomato, carrot, celery, beetroot, parsley, lettuce, watercress, spinach, salt, vitamin C, food acid (citric acid), natural flavour.

**Energy per 250ml: 223kJ**

**Nutrition highlights** One glass equates to three serves of vegetables, so it's a handy drink to have



### Schweppes Smart Juice, ENERGISE

[ **Ingredients** ] Reconstituted juices (apple, grape, ►



raspberry, cranberry, blueberry), flavour, ginseng extract, vitamin C, food acid (citric acid), wheatgrass extract, green tea extract.

**Energy per 250ml: 502kJ**

**Nutrition highlights**

The vitamin-rich selection of fruits in this juice give an antioxidant boost. You'll meet 100 per cent of your vitamin C needs with a 250ml serve.



**Sunraysia, HEART BEET**

**[ Ingredients ]**

Beetroot juice, apple juice (from concentrate).

**Energy per 250ml: 308kJ**

**Nutrition highlights**

Beetroot juice is plentiful in nitrates, which research shows may help improve athletic performance. If you're an endurance athlete, regularly drinking beetroot juice may help give you a competitive edge.

## JUICE LINGO

Unsure what 'cold-pressed' juice means? Here's a brief run-down.

A cold-pressed extraction method involves two steps. First, the produce is shredded into a pulp to release nutrients and enzymes. The pulp is then placed in a fibre cloth and a hydraulic press is used to extract the juice from the pulp, which keeps the nutrients and enzymes intact without oxidising or degrading the fruit and vegetables.



### Be kilojoule savvy

Make sure you consider the kilojoule content of juice. A rough guide is to limit yourself to 250ml per day to stay under 600kJ – the same guide given for a mid-meal snack. Reduce your serving size to 200ml or less for juices that have higher kilojoule counts.



## JUICE BARS

Here are our top picks for juices on-the-go.

**Boost Juice Bars, VEGGIE GARDEN**

401kJ per 450ml (medium serve)

A lower kilojoule option with the benefit of fibre-loaded chia seeds to keep you feeling satisfied.



**Boost Juice Bars, BERRY CRUSH**

914kJ per 450ml (medium serve)

You get three kinds of antioxidant-rich berries all in one hit, for a youthful glow, inside and out.



**Top Juice, FEEL GOOD JUICE**

592kJ per 400ml (small serve)

Enjoy this with your male mate. It's rich in the antioxidant lycopene, which protects against prostate and breast cancer.



**Top Juice, SLIM GRIN**

524kJ per 400ml (small serve)

The three green veg plus apple delivers a decent dose of vitamins A, B, C and K, minerals and antioxidants.



**Pressed Juices, EARTH 1**

511kJ per 470ml bottle

Cold-pressing is applied for optimum nutrition. Being vegetable-based, it beats most fruit juices in the kilojoule department. 🍌

