

What's in a fruit 'juice drink' ?



Write down some of the things on these labels that might make you think the products contain lots of fruit juice

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The main clue is the description 'juice drink'. It usually means the product is mainly water, with a bit of fruit juice with some added flavours and colours to boost the fruitiness. These drinks can contain as little as 3% fruit juice – just a couple of teaspoons of juice in a single bottle.



TIP: Watch out for the description 'juice drink' on bottles and cartons. What it usually means is 'not much juice'.

