

What's in your fruit juice?



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 clues are the descriptions 'pure' and '100% juice'. These mean that the drinks contain healthy fruit juice, and nothing else – no added sugar, no chemical colourings and no fake flavours. Don't rely on pictures of fruit, they don't necessarily mean that a drink contains real juice.



TIP: Look out for the words 'pure' and '100% juice'. They mean the product contains real juice, and nothing else.

