

Words you can trust: 'Pure'



Which of these drinks do you think contains the most real fruit juice? .

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What do you think is in the other product to fill up the bottle?

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Which descriptions helped you decide?

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The main clue is the word 'pure'. This should mean '*contains only one ingredient and nothing else*'. 'Juice drink' products are mainly water, with just a bit of juice and flavourings to make up for the lack of real fruit.



TIP: Look out for the description 'pure' on bottles and cartons. It should mean that you are drinking healthy, tasty juice, and nothing else!