

# Eat Whole Fruit



Have you ever wondered whether drinking a glass of orange juice is much different, nutritionally, than eating an orange? Or whether a glass of apple juice is better than an apple?

Fruit juice is a fine alternative to soda or alcoholic beverages. And in some cases, juice is a rich and convenient source of vitamin C. But whole fruit has some advantages over juice. Ounce for ounce, whole fruit:

- Is more filling, and therefore satisfying.
- Contains fewer calories.
- Has more fiber.

Studies show that fiber (present in fruit, but not in juice) helps regulate metabolism of carbohydrates, so sugar in fruit is absorbed more slowly than the same sugar in fruit juice. And when sugar of any kind moves into the bloodstream more slowly, your body releases less insulin, a hormone that regulates blood sugar levels and keeps them from fluctuating wildly. And you feel better when your blood sugar levels are on an even keel.

Be aware, too, that many “juice drinks” contain only a small percentage of real juice. The rest is water, sweeteners, coloring, and flavoring. Whole fruit, on the other hand, is 100 percent fruit.