

Lisa R. Young, PhD, RD

Nutritionist's Picks...



Healthful Juices

If you can't get enough whole fruits and vegetables in your daily diet, drinking juice may be the next best thing. And you don't have to squeeze your own if you shop wisely. *What to look for...*

■ **Choose pure juice.** Avoid "juices" with added sweeteners, such as sugar and high fructose corn syrup. Blends of different juices are okay, but be aware that many naturally tart juices, such as pomegranate, are often diluted with sweeter, less nutritious juices, such as apple juice. Read the ingredient labels—ingredients appear in descending order by their amounts.

■ **Limit calories.** All juices tend to be high in calories, so look for products with no more than 110 calories per eight-ounce serving and limit yourself to one serving a day—this equals two servings of fruits or vegetables. *My top picks...*

V8

LOW-SODIUM VEGETABLE JUICE

Per eight-ounce serving: 50 calories.

The sodium content of the low-sodium variety is 140 mg versus 590 mg for the regular V8. This 100% vegetable juice blend is rich in lycopene, vitamin C and potassium.

Tropicana

100% PURE ORANGE JUICE WITH CALCIUM AND VITAMIN D

Per eight-ounce serving: 110 calories. This OJ is rich in vitamin C, potassium, folate and bone-building calcium and vitamin D.

Trader Joe's

TRIPLE BERRY JUICE

Per eight-ounce serving: 110 calories. This 100% juice blend is an antioxidant-rich mix of pomegranate, blueberry and cranberry juice.

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Bottom Line health

WELLNESS STRATEGIES FROM THE WORLD'S LEADING MEDICAL EXPERTS