

Skip the Juice: How Much Sugar Are You Drinking?

Juices are often marketed as healthy alternatives to soda, but the truth is that many popular juices contain just as much, if not more, sugar than their carbonated counterparts.

Understanding the sugar content in these seemingly healthy beverages is crucial for making better dietary choices.

- **Orange Juice**

Natural and Added Sugar Content: An 8-ounce serving of orange juice contains about 21 grams of sugar, all of which is naturally occurring. Some brands, however, add extra sugar to enhance the flavor.

Orange juice is a breakfast staple for many. However, the high sugar content, even from natural sources, can lead to weight gain and an increased risk of type [2 diabetes](#). The sugar in orange juice can contribute to these health issues.

- **Apple Juice**

Natural and Added Sugar Content: An 8-ounce glass of apple juice contains around 24 grams of sugar, mostly natural fructose. Some commercial brands may add sugar to improve taste.

Apple juice is another favorite, especially among children. The natural sugars in apple juice are high in fructose, which can contribute to [fatty liver disease](#). It's now obvious that there are potential health risks associated with [high fructose consumption](#).

- **Grape Juice**

Natural and Added Sugar Content: An 8-ounce serving of grape juice contains approximately 36 grams of sugar. This is primarily natural sugar, but some brands add extra sweeteners.

Grape juice, often chosen for its high antioxidant content, contains significant amounts of sugar that can negate its nutritional benefits. The same study from Harvard notes that high sugar intake from beverages can lead to metabolic syndrome.

- **Cranberry Juice**

Natural and Added Sugar Content: An 8-ounce serving of cranberry juice has about 30 grams of sugar. Due to its natural tartness, many commercial cranberry juices contain added sugars to improve taste.

Cranberry juice is popular for its potential benefits in preventing urinary tract infections. However, the high sugar content in many commercial brands can lead to various health issues. [The Nation Library of Medicine](#) has more authoritative information on the results sweet beverages can have on us.

● Pomegranate Juice

Natural and Added Sugar Content: An 8-ounce serving of pomegranate juice contains about 32 grams of sugar, which is primarily natural. Some brands may add extra sugar for flavor.

Pomegranate juice is often praised for its antioxidant properties, but its high sugar content can be detrimental when consumed in large quantities. [Excessive sugar](#) intake from juices can increase the risk of obesity and related health conditions.

Healthier Alternatives

Instead of reaching for these sugar-laden juices, consider these healthier options:

- **Infused Water:** Add slices of fruit like lemon, lime, or berries to water for a refreshing, low-calorie drink.
- **Herbal Teas:** Naturally caffeine-free and available in various flavors, herbal teas are a great alternative to sugary drinks.
- **Coconut Water:** Low in sugar and high in electrolytes, coconut water is a hydrating option without the high sugar content of fruit juices.

Conclusion

While juices are often perceived as healthy, their [high sugar content](#) can lead to various health problems, including weight gain, fatty liver disease, and metabolic issues.

By understanding the sugar content in these beverages and opting for healthier alternatives, you can make better choices for your health.

Want to learn more? Watch Dr. Pompa get candid about these risks on his [Instagram channel](#); you can also check out the [Pompa Program blog](#) for more insight on how everyday products can be impacting your health.

Dr. Daniel Pompa is an expert health coach, author, speaker, trainer, and family man on a mission to bring answers to a hurting world.

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