

QUALITY OF JUICE:

Fruit juice vs. soft drinks

Juice enjoys the reputation of a health food, but critics say its calorie and sugar content are on a par with soda and other more vilified beverages.

Calorie and sugar counts of selected beverages

(Per 8-ounce serving; all juices are unsweetened)

Beverage	Calories	Grams of total sugar
Sprite	100	26
Pepsi	100	28
Coca-Cola classic	97	27
Gatorade G Cool Blue	50	14
Grape juice	152	36
Pineapple juice	132	25
Cranberry juice	116	31
Apple juice	114	24
Orange juice	112	21
Grapefruit juice	96	22

Sources: U.S. Department of Agriculture Nutrient Data Laboratory; company information
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