

Fruit Juice

Liquid obtained from the edible parts of a mature, and fresh or preserved fruit. While this liquid has the ability to be fermented, in this state it is non-alcoholic. Fruit juices are made of water and other components. Examples of these other components are sugars, vitamins, minerals and organic acids.

Water extracted Fruit Juice

Product obtained by diffusion with water of pulpy whole fruits whose juice cannot be physically extracted or of dehydrated fruit. One example is prune juice.

Percent Juice

The percentage of the total soluble contents in a juice that is derived from a fruit or vegetable. For example, if 100 mL of grape juice has 16% soluble contents (like sugar, organic acid and nutrients), then the percent juice is related to how much of that 16 mL of the 100 mL is coming from the grape itself. For 100% grape juice, all of the soluble content is coming from the grape. For 25% juice, 25% of 16 mL of soluble content is (4 mL). It would mean that 4mL is coming from the grape juice and the rest (12 mL) is coming from something else (for example, sugar), and the rest of the beverage has water and sometimes, other compounds like preservatives, flavouring or colouring.



Concentrated Fruit Juice

A beverage where water is physically removed from the original fruit juice leaving the remaining liquid with at least 50% more of the soluble solids than would be in the reconstituted juice. (Reconstituted juice is made by adding water to concentrated juice.) The process of concentration may result in the loss of some important juice components.

Fruit Purée (for use in the manufacture of fruit juices and nectars)

The edible part of the whole or peeled mature fruit is sieved, grinded, milled or any other suitable process without removing the juice. The final product is unfermented but can be fermented.

Concentrated Fruit Purée (for use in the manufacture of fruit juices and nectars)

A product made by physically removing water from the fruit purée to an extent which makes the finished product have at least 50% more of the soluble solids than would be in the reconstituted juice.

Fruit Nectar

A product made by adding water to either fruit juice, concentrated fruit juice, water extracted fruit juice, fruit purée, or concentrated fruit purée, or a mixture of these. A fruit nectar may or may not have added sugars, including honey or food additive sweeteners. The final product is unfermented but can be fermented.

Fruit Drink

Liquid food derived from the fruit where at least 10 % of the product has soluble solids. Fruit drinks are not fermentable.

Fruit Flavoured Drink

Liquid food that has the characteristic flavour of a named fruit where less than 10% of the product is soluble solids. Natural and or artificial flavours which provide the characterizing flavour are permitted. Fruit flavoured drinks are not fermentable.

Sweetener

A product added to a food or beverage to impart a taste associated with sugar. A sweetener may be nutritive (that is they have nutritive value as they provide energy in the

form of carbohydrates) or non-nutritive (that is they do not provide energy at all). Examples of nutritive sweeteners are sugar, honey and syrups. Example of non-nutritive sweeteners, often called sugar substitutes or artificial sweeteners are aspartame, sucralose, sugar alcohols. Some non-caloric sweeteners also come from plants (e.g. extracts from stevia and monk fruit).

Reduced Sugar

This claim may be used if the product contains at least 25% less sugars per reference amount customarily consumed for the regular version of the product or a similar type of product.

No sugar added or no added sugar claim

This claim may be used if no sugar or sugar containing ingredient is added during development of a product for use as a sweetener (e.g. concentrated fruit juice). The

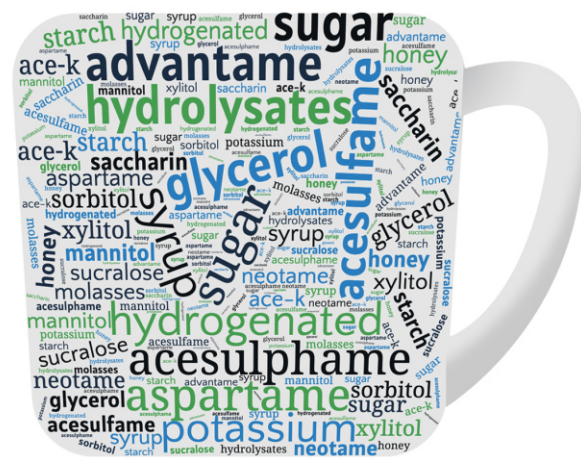
product may still contain sugars naturally present in the ingredients. A food is permitted to have this claim if an artificial or natural sweetener (like aspartame or stevia) is added.

Sugar-free claim

This claim may be used for a product that contains no more than 0.5g sugar per 100g (for solid foods) or 100ml (for beverages) or per serving or per reference amount customarily consumed. What is used depends on the label regulations used on that product. The reference amount customarily consumed system is used by the Food and Drug Administration. However, these amounts do not always reflect what Jamaican consumers regularly consume.

References

Food and Agriculture Organization of the United Nations. (2005). CODEX ALIMENTARIUS: GENERAL STANDARD FOR FRUIT JUICES AND NECTARS. FAO.ORG; FAO.



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THE HEART FOUNDATION OF JAMAICA

NO SUGAR

PURÉE

FLAVOURED

JUICE

REDUCED SUGAR

CONCENTRATE

JUICE DRINK

EXTRACT

NO ADDED SUGAR

NECTAR

SUGAR FREE

SWEETENER

HFSS DRINK

JUICE AND DRINK RELATED DEFINITIONS