

Fruit Juice Swaps



Swap This (Conventional Juice)	For That (Clean Alternative)	Why It's Better
Tropicana / Minute Maid Orange Juice	Fresh-Squeezed Orange Juice (small portion) or Orange + Sparkling Water	No added sugars or concentrates — and diluted for better blood sugar control.
Apple Juice (Mott's, etc.)	Coconut Water (e.g., Harmless Harvest, C2O)	Naturally hydrating with electrolytes, less sugar, no spikes.
Welch's Grape Juice	Pomegranate Juice (e.g., Lakewood Organic) diluted 1:1 with water	High in antioxidants, lower sugar impact when diluted.
Cranberry Juice Cocktail	Unsweetened Cranberry Juice + Sparkling Water + Stevia	Supports urinary health without the added sugar.
Juice Boxes / Kids' Juices	Water infused with fruit (strawberry, orange, mint)	Flavorful and fun without any added sugar or fake flavors.
Fruit Punch / "Vitamin Water"	Olipop or Poppi (Prebiotic Sodas)	Gut-friendly fizz with plant fiber and minimal natural sweeteners.
Naked or Odwalla Smoothies	Homemade Smoothie with Whole Fruit + Greens + Fiber	Keeps fiber intact to slow sugar absorption and add nutrients.

Always read the label — even organic juice can be made from concentrate or include “natural flavors” and added sugars.

If drinking juice, dilute with water or sparkling water, and pair with fat or protein to reduce blood sugar spikes.

Infused water and prebiotic drinks make great daily hydration swaps for kids and adults.

