



### **Fred Brouns, PhD**

Prof Dr. Fred Brouns obtained his PhD at Maastricht University, Netherlands, entitled "Food and Fluid Related Aspects in Highly Trained athletes", For work this he was awarded the Dutch Sports Medicine Award. Fred headed international Nutrition and Health R&D functions at Wander Dietetics, Sandoz Nutrition, Novartis Nutrition, Eridania Beghin Say, Cerestar and Cargill Inc. At the International Life Sciences Institute (ILSI) Europe he chaired the Carbohydrates Committee and in various expert panels (glycemic index, postprandial glycemia, satiety regulation). Fred became invited member of the British Nutrition Society and is a registered Biomedical Researcher as well as board member (2008-2012) of the Dutch Academy of Nutritional Sciences. Since 2008 he holds a chair in Health Food Innovation at the Faculty of Health, Medicine and

Life and Sciences within the research school NUTRIM School of Nutrition and Translational Research in Metabolism of Maastricht University. Fred has > 200 publications, citations according to WoS: sum 5372, average 30.18 /item ; H-index:43

### **Fruit juice- impact on nutrient quality, obesity and diabetes**

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Fruit and vegetable juices provide a wide range of nutrients that fit well in a healthy diet. However, juices also contain relatively high amounts of natural fruit sugars. In recent years, consumers and media alike have therefore questioned the health aspects of juices when consumed in large quantities. It has been suggested that in general juices, like sugar-sweetened soft drinks, contribute to obesity and diabetes through the supply of undesirable high levels of sugar. However, at present, available scientific evidence shows that consumption of 100% fruit juice is associated with a healthier life style and no impact on diabetes in children and adults. In contrast fruit drinks containing also added sugars may be associated with increased disease risks. Similar to other food and drink products, juices should be consumed in moderation to ensure appropriate variety and balance in the diet.

#### **Learning objectives:**

1. 100% Juice differs significantly from Sugar Sweetened Beverages (SSB's)
2. In contrast to SSB's 100% juice consumption is NOT related to increased diabetes risks
3. 100% juice contains bioactive fruit components with beneficial effects on diabetes risk factors
4. Fruit sugars as present in fruit or in beverage are equally metabolized
5. The GI of apple and orange does not differ from the GI of their juice.
6. 100 % juice should be consumed in small quantities (equivalent to 1-2 fruits)