

Sip-Sized Sound Bites: Florida Orange Juice Edition

Discover and share what's inside every glass of 100% orange juice


floridaorangejuice
...

It's what's inside that counts.




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floridaorangejuice From vitamins and minerals to beneficial plant compounds and that one-of-a-kind taste, Florida Orange Juice really does it all 🍊 What's your favorite reason to raise a glass of 100% orange juice? Drop it below! #TheOriginalWellnessDrink

30 minutes ago



Comments
🚩




TheJuiceRDN ✓ 38m

I love that 100% OJ has no added sugar – the sweetness is 100% natural from the orange itself.¹ 🍊

Reply

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Citrus_Nutrition_Facts ✓ 25m

Hesperidin, a unique plant compound found almost exclusively in citrus, may help reduce inflammation and oxidative stress, while also supporting heart and immune health.² 🍊

Reply

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TheFruitfulRD ✓ 15m

How cool is this: the way oranges are pressed during commercial juicing helps release higher levels of hesperidin and other beneficial phytonutrients from the peel.² 🍊

Reply

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Sunshine_Dietitian ✓ 12m

An 8-oz serving of 100% OJ is an excellent source of vitamin C and a good source of folate and thiamin – key nutrients for the body's immune system and defense system.³ 🍊

Reply

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SipSmartRD ✓ 8m

An 8-oz glass of fortified 100% OJ has calcium and vitamin D similar to a serving of milk, helping to support strong bones and connective tissue.⁴ 💪

Reply

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StayJuiceWise ✓ 5m

I recommend 100% OJ to my active clients because it's nearly 90% water with naturally occurring electrolytes like potassium and magnesium, which help maintain fluid balance. In fact, research shows that drinking 100% OJ after exercise hydrates as well as water and sports drinks!^{5,6} 🏃

Reply

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Squeeze_The_Day ✓ 2m

A 4-oz serving of 100% OJ for kids or 8-oz for adults counts as a fruit serving, which can be a convenient way to help meet total fruit intake goals for all ages.⁷ 🍊

Reply

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Start the conversation ...

Interested in exploring media or partnership opportunities with the Florida Department of Citrus? We'd love to hear from you!

FloridaOJTeam@padillaco.com

 **@FloridaOrangeJuice**

 **@FloridaOrangeJuice**

 **@FloridaOJ**

 **FloridaJuice.com**



**The Original
Wellness Drink.™**

References

¹Florida Department of Citrus. No Sugar Added. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/no-sugar-added/>

²Florida Department of Citrus. Hesperidin. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/hesperidin/>

³Florida Department of Citrus. Immune System Support. Available at: <https://www.floridacitrus.org/orange-health-benefit/immune-system-support/>

⁴Florida Department of Citrus. Bone Health. Available at: <https://www.floridacitrus.org/orange-health-benefit/bone-health/>

⁵Florida Department of Citrus. Hydration. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/hydration/>

⁶Kelly MR, et al. Gastrointestinal implications of post-exercise orange juice consumption. J Nutr Health Sci. 2020;7(1):101. doi:10.15744/2393-9060.7101

⁷Florida Department of Citrus. Fruit Intake & Diet Quality. Available at: <https://www.floridacitrus.org/orange-health-benefit/fruit-intake-diet-quality/>