



EVERY DAY BEGINS WITH A SIP.  
*Sip Smarter.*



## Sip Smarter Drink Your Fruit and Veggies Series Featured on Produce for Better Health Website

In August the Produce for Better Health Foundation and Sip Smarter teamed up to bring you a wealth of information about all things related to 100% juice. In this series you'll find new recipes from Sip Smarter like a Spiced Grape Spritz and Orange-Sesame Quinoa Salad; the latest research on bioactives from registered dietitian Diane Welland; a blog debunking the myths around juice; and brand new research on adult juice drinkers. Additionally, pediatrician Dr. Robert Murray shares his expertise on how 100% fruit juice can help improve children's diet quality and help meet Dietary Guideline recommendations.

[View the Complete Series](#)



## Orange and Apple Juices Prove Hydration Power

A 2019 University of Kansas study, published in the *Journal of Nutrition and Health Sciences*, concluded that drinking a glass of 100% orange juice is just as effective as popular sports drinks or water when it comes to hydration. Meanwhile, apple juice has also been noted for its hydration properties after a Canadian study evaluated 644 children aged 6 months to 5 years who were admitted to the ER with gastrointestinal symptoms and mild dehydration. Conducted over a five-year period, and published in the *Journal of the American Medical Association*, this study showed that the children who consumed apple juice were rehydrated better than those who consumed a traditional electrolyte drink.

[Find More Hydration Info](#)



## Q&A on Summer Hydration with RD Diane Welland

Can particular foods help with hydration? What advice is there for keeping kids hydrated? Are there better ways to hydrate after a workout? Registered Dietitian Diane Welland answers these questions and more.

[Read More](#)

## Juice Noted as Emerging Ingredient in Sports Nutrition and Hydration Beverages

This Food Business News article provides an in-depth look at the innovations taking place in the sports nutrition and hydration industry. A key component to these innovations is the new and emerging ingredients being included in sports drinks. Some of these ingredients include hydrolysates, a type of whey protein, pea and canola proteins, and high-antioxidant fruit juices as well as organic fruit juice concentrates.

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