

Game Guide for Parents

Juice Jumble

Health and Gameplay

Juice Jumble is a tile game designed to teach families about the contents of fruit and fruit-flavored drinks. Drinks are categorized based on whether they are made of 100% fruit juice, only contain some fruit juice with additives, or only have fruit flavoring. In the game, these categories are represented as:

1. Pure
2. Some
3. None

Pure

Pure fruit juices are made of 100% fruit juice. They have no sugar additives or high fructose corn syrup. You can spot a “pure juice” option by looking for labels that say:

- 100% fruit juice
- Fruit juice

But beware--juices that say “made with 100% fruit juice” or “contains 100% juice” aren’t actually all fruit juice. The front of packaging can be deceiving so if you’re unsure if a drink is 100% fruit juice, check the nutrition label on the back of the package. The first or second ingredient should be fruit juice. Examples of “pure juice” seen in *Juice Jumble* include:

- orange juice
- grape juice
- tropical fruit juice
- strawberry kiwi juice
- mango-guava juice

Some

These drinks contain only some fruit juice, usually water and 10-40% juice. Drinks with only some juice may also contain additives like sugar and high fructose corn syrup. Note that drinks that say 100% vitamin C or 100% calcium don’t always contain all fruit juice.

You can spot a “some” option by looking for labels that say:

- 100% juice drink
- Fruit drink
- Juice drink
- Contains 100% juice
- Made with 100% juice
- Cocktail
- Nectar

Examples of “Some Juice” drinks seen in *Juice Jumble* include:

- apple cooler
- raspberry kiwi drink
- sparkling grape juice
- peach nectar
- orange pineapple apple cocktail



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None

This drink category usually contains less than 5% juice or just taste like fruit. You can spot a “none” option by looking for labels that say:

- Fruit flavored drink
- Fruit drink
- Drink
- 100% natural flavor
- Soda

Examples of “No Juice” drinks seen in Juice Jumble include:

- grape soda
- Hawaiian fruit punch
- tangerine sport drink
- peach flavored tea
- cherry-ade
- lite strawberry kiwi powder

