

Commercial Vs. Homemade

FRUIT PUNCH

Commercial Fruit Punch



Homemade Fruit Punch



Are usually made of fruit concentrates, juice blends, and artificial flavors



Can be made with fruit pulp, including its fiber content



Are generally high in sugar



Sugar can be skipped or replaced with natural sweeteners, such as Dates, occasionally



Contains additives and preservatives



Made fresh; no need for additives or preservatives



Some options contain soda



Soda can be replaced with homemade, low-sugar lemonade and ginger ale

