Introduction to fruit juices and the nutritional values

Fruit juice is a popular soft drink made of the pulp of different types of fresh fruits. Fruit juices contain many components which are beneficial for our health. Though the actual components vary from fruits to fruits, in general they contain flavonoid glycosides, dietary fiber, calcium, vitamin C, carotenoids, lutein, lycopene, ²-carotene, phenolic acids, stilbenes, ellagic acid, amino acids, aroma compounds, anthocyanin, flavonols, polyphenols, potassium, vitamin D, low amount of sodium, cholesterol, fat etc. Components present in fruit juices have been proved to help in preventing heart disease, certain cancers, diabetes, cataracts, Alzheimer’s disease, asthma and helps in the formation of collagen, cartilage, blood vessels and muscles. Considering those beneficial impacts on human health, fruit juices become popular worldwide.

Global availability of packed juices and the consumers

People of all ages like to drink fruit juices. Young children who drinks fresh fruits or juices regularly, can maintain the habit till the age of adolescence. Regular fruit juice drinkers have been shown to suffer less chronic illnesses. Due to worldwide available transportation systems commercially produced fruit juices have been transported from country to country for making the juice products available everywhere. Fruit juices are more popular among children, but adults used to drink other carbonated soft drinks and/or other energy drinks rather than fruit juices, though most of the cases they have no benefit on health. People who drink more fruit juices have better health conditions, better immune system comparing those who don’t drink fruit juices. Fresh fruit juices without additives and extra sugar are more healthy and have no harmful effects on health. Juice which contains other added ingredients and high sugar contents may damage our health.

High earning and educated people like to drink fruit juice as a supplement of vitamins and other essential nutrients for health, but low earning people unable to afford money to buy fruit juices. School going children also prefer juices due to their attractive freshness and many flavors as well as the attractive packaging specially manufactured for them.

Microbiological quality perspective of packed juice

Commercial fruit juices can be prepared either by pasteurization or by adding chemical preservatives. Processed fruit juices rather than pasteurization are more popular due to their fresh tastes. In the industry fruit juice is processed by automatic machine (collection, cleaning, extraction of juices and packaging). There is en every possibility of contamination of processed fruit juice at any stage of processing. Contamination may be occurred by spoilage organisms and/or by food borne pathogens. Food borne pathogens and other harmful microorganisms can cause serious disease outbreaks. The contamination can also be initiated during in house consumption if lack of awareness prevails among the consumers. Manufacturing process should be much more strict in this regard to assure the public health safety. Commercially available fruit juices are consumed worldwide among different ages of people and if not processed properly, this healthy drink may be hazardous for human health.

Keywords: Fruit juice, Contamination, Microbial spoilage, Public health safety, Good manufacturing practice (GMP).
disease outbreaks have been documented in different countries. Specially Yeast and molds are the dominant microorganisms in juice because they can thrive the high acidic conditions of the juice. Some examples of them are species of the genera Cladosporium, Candida, Dekkera, Pichia, Saccharomyces, Aspergillus, Zygossaccharomyces, Penicillium, Bysschlamys, Hanseniaspora, Paecilomyces, Mucor, Fusarium, Botryis, and Neosartorya Talaromyces etc. Some lactic acid and acetic acid bacteria may be present in fruit juices. Some pathogenic bacteria like Escherichia coli O157, Salmonella, and Cryptosporidium, fecal Streptoceci and some spore formers like Clostridium pasteurianum and Bacillus coagulans may be present in fruit juice if the juice is not processed adequately.

Bacterial growth in fruit juice depends on pH, storage temperature, types of packaging material, humidity, water activity, concentration of preservatives, application of UV treatments during production, sugar contents, quality of water used in juice, quality of the machines used in the juice industries, raw materials, quality of fruits etc. Mainly improper washing of fruits with poor quality water used in the juice preparation are the major source of contaminating microbes found in the fruit juices. Some fruit juice spoiling organisms are listed in Table 1.

Fruit juices are stored in cold temperature and/or in normal temperatures. When packed juices are kept in humid condition and at ambient temperatures (for example during summer seasons), spoiling microorganisms often get stimulated to grow and cause spoilage and change in odor, taste, visual change etc. If the packaging is not enough protective, they may invite the spoilage causing microbes to get entrance and spoil the drinks. Smaller packages are consumed instantly after opening and have less chance of contamination during consumption. But in case of larger packages, juice pack is often stored in normal temperature or refrigerators depending on the users, which may be more vulnerable for contamination.

High pressure, UV radiation, Gamma radiation, ozonization, electron beam radiation, pasteurization, pulsed electric ofield processing etc. and chemical preservatives such as organic acids, hydrogen peroxide, dimethyl dicarbonate, vanillin, monacaprylin, essential oils, vanillic acid, nisin and cinnamon etc are to be applied to preserve fruit juice.

**Fruit juice associated disease outbreaks**

Food borne pathogens if present at sufficient number in fruit juice may cause illness in the consumers. Some microbes only survive in the juice and multiply within the host after consumption and start the disease. Some microbes which can multiply within the juice may yield off odor in juice and make juice unfit for human consumption. Clostridium perfringens, Staphylococcus aureus, Bacillus cereus, Clostridium botulinum able to produce toxins in fruit juice and after drinking the juice can cause food poisoning. Fruit juice contaminating pathogens and symptom caused by them are listed in Table 2.

<table>
<thead>
<tr>
<th>Heat sensitive:</th>
<th>Yeast</th>
<th>Heat resistant:</th>
<th>Bacteria</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Resistant to preservatives:</strong></td>
<td></td>
<td>Neosartorya ficheri,</td>
<td>Bacillus acidocaldarius, Bacillus acidoterrestris, Alicyclobacillus acidocaldarius, A. hesperidium, A. acidophilus, A. cycloheptanicus, A. fastidius, A. pomorum.</td>
</tr>
<tr>
<td><strong>Resistant to heat:</strong></td>
<td></td>
<td>Talaromyces spp.,</td>
<td>Others:</td>
</tr>
<tr>
<td><strong>P. membranifaciens</strong></td>
<td></td>
<td>Paecilomyces</td>
<td>Propionibacterium cyclohexanicum, Streptomyces spp., Bacillus coagulans, B. marcesens C. pasteurianum and C. butyricum.</td>
</tr>
</tbody>
</table>

**Pathogenic bacteria:**

*Escherichia coli, Salmonella spp., Shigelis spp., Staphylococcus spp.*

**Table 1. List of microorganisms responsible for spoilage**

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Listeria monocytogenes, a notorious food borne pathogen is found in unpasteurized apple juices. Salmonella spp., Escherichia coli O157:H7, and Cryptosporidium spp. were also found in unpasteurized juices. Salmonella spp. associated food borne disease outbreak occurred before the 20th century in Sarasota County, Florida and United States. Hepatitis A was occurred in Egypt in 2004 due to intake of fruit juice.

Governing bodies selecting the criteria for quality of fruit juices

According to Fruit Juice and Fruit Nectars (FJFN) Regulations 2013 in England, freezing of fruits before juice production is prohibited, and addition of sugars in juice is also not permitted. According to the opinion of the United State Department of Agriculture (USDA) people consuming 100% juice does not cause obesity in most cases but obese people may gain weight for drinking of 100% juice, whereas, the Academy of Nutrition and Dietetics Evidence Analysis Library (ANDEAL) concluded that in case of children there is no interrelation between weight gain and fruit juice consumption. In Ethiopian Public Health Institute (EPHI) Food Microbiology guideline, it has been suggested that people should not be sold or consumed spoiled, poor quality and harmful toxin containing juices. It is prohibited to manufacture, package, handle and store fruit juice in unhygienic condition. According to FDA, fruit juices should be rejected if it contains toxins, high microbial load and high pesticide residue. Microbial limit in fruit juice is listed in Table 3 according to the FDA standard. According to Food Safety and Standard Authority of India (FSSAI, 2011), microbiological limits are listed in Table 4.

Table 2. Disease symptoms caused by contaminating microbes found in fruit juices.

<table>
<thead>
<tr>
<th>Microorganisms</th>
<th>Examples</th>
<th>Disease symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacteria</td>
<td><strong>Salmonella</strong> spp.</td>
<td>Abdominal pain, diarrhea, chills, fever, nausea</td>
</tr>
<tr>
<td></td>
<td><strong>Shigella</strong> spp.</td>
<td>Abdominal pain, diarrhea, fever, nausea</td>
</tr>
<tr>
<td></td>
<td><strong>Clostridium botulinum</strong></td>
<td>Nausea, vomiting, fatigue, dizziness, dryness of mouth and throat, muscle paralysis, difficulty swallowing, double or blurred vision.</td>
</tr>
<tr>
<td></td>
<td><strong>Escherichia coli</strong> O157:H7</td>
<td>Bloody diarrhea, abdominal pain, hemolytic uremic syndrome (HUS), kidney failure.</td>
</tr>
<tr>
<td></td>
<td><strong>Listeria monocytogenes</strong></td>
<td>Gastroenteritis, childhood in pregnant women, septicemia, meningitis.</td>
</tr>
<tr>
<td>Virus</td>
<td><strong>Hepatitis A</strong></td>
<td>Fever, malaise, anorexia, nausea, abdominal pain, jaundice, dark urine</td>
</tr>
<tr>
<td></td>
<td><strong>Norwalk virus</strong></td>
<td>Vomiting diarrhea, malaise, fever, nausea, abdominal cramps</td>
</tr>
<tr>
<td>Parasites</td>
<td><strong>Cyclospora</strong> spp.</td>
<td>Watery diarrhea, nausea, anorexia, abdominal pain</td>
</tr>
<tr>
<td></td>
<td><strong>Cryptosporidium</strong> spp.</td>
<td>Profuse watery diarrhea, abdominal pain, anorexia, vomiting</td>
</tr>
</tbody>
</table>

FSSAI (Licensing and Registration of Food businesses) Regulation, 2011

Permitted ingredients for juice FSSAI include sugar (less than 2% moisture), liquid sucrose/ invert sugar/ fructose syrup/ liquid cane sugar, lime/lemon juice, salts/spices/ aromatic herbs for tomato juices, vitamins and minerals.

Study carried out in Bangladesh

From an investigation on the commercially available nine fruit juices of mango and oranges in Bangladesh, it was found that pH range of the fruit juice samples studied was between 3.50 ± 0.10 and 4.70 ± 0.05. Vitamin C and protein content were higher in mango juices than orange juices. Heavy metals like arsenic, lead, copper and zinc were within the limits recommended by Bangladesh Standard and Testing Institute (BSTI). and the Gulf standards, though the preservative content was higher. Both local and foreign packed and commercial juices are available in Bangladesh. Some local brand juices often contain total bacterial count and yeast-mold count above the range of the required limits. Such fruit juices can be responsible for the onset of public health hazards.

Table 4. Microbiological requirements of Fruit Juices as per FSSAI (2011)

<table>
<thead>
<tr>
<th>Count (cfu/ml)</th>
<th>Maximum Count Permitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total count</td>
<td>Not more than 50</td>
</tr>
<tr>
<td>Coliform</td>
<td>Absent in 100 ml</td>
</tr>
<tr>
<td>Yeasts</td>
<td>Not more than 2</td>
</tr>
</tbody>
</table>

FSSAI (Licensing and Registration of Food businesses) Regulation, 2011

Permitted ingredients for juice FSSAI include sugar (less than 2% moisture), liquid sucrose/ invert sugar/ fructose syrup/ liquid cane sugar, lime/lemon juice, salts/spices/ aromatic herbs for tomato juices, vitamins and minerals.
Future aspects of commercial fruit juice and recommendations

Fruit juice should not be given to infants less than six months old as this might cause allergies, dermatitis, perioral rash, carbohydrate malabsorption, and acute diarrhea. Over consumption of juices by old and children under 5 years old can cause diarrhea, over nutrition, and dental caries. Consuming fruit juice without added sugars is recommended for the people of all ages because of the nutritional values and beneficial effects to our health status. Naturally, fruit juices are good sources of nutrition imparting essential amino acids, vitamins and minerals. Juices can be enjoyed at any corner of the world and at any time upon individual’s choice. Immune compromised patients with poor health condition can be given natural antimicrobials, vitamins, necessary amino acids, minerals enriched juices. Fruit juice is a source to get instant energy. Fruit juice is a source to get instant energy. Fruit juice should be made with fresh, washed, and selected fruits to avoid contaminants. During the juice processing, aseptic condition should be strictly maintained. Operators and workers should have the proper knowledge about the personal hygiene, good hygienic practice (GHP) and good manufacturing practice (GMP) and the risk of public health if pathogenic bacteria find their way into the juice.

Conclusion

Fruit juices are one of the most popular drinks which is beneficial for the people of all ages. They not only fulfill the requirements of our nutritional demands but protect us from a variety of diseases if consumed regularly starting from the early ages. The quality of the fruit juices should be maintained to avoid the chance of food borne disease outbreaks. Though fruit juices make our immune status strong, but it can cause damage if over consumed and/or it is contaminated with food borne pathogens. Quality test should be started from the fruits selected for making juice, harvesting, peeling, processing, and use of additives, packaging materials and storage conditions. Consumer handling is an important factor to reduce the complications of fruit juice consumption.

Acknowledgement

Authors acknowledge the research groups whose findings have been used to write this article.

Conflict of interest

Authors have no potential conflict of interest.

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77. Food Safety and Standards (Licensing and Registration of Food businesses) Regulation, 2011.
