

Juice vs Nectar (vsdiff.com)

| Aspect | Juice | Nectar |
|---------------------|---|---|
| Typical composition | ~100% fruit liquid (press-extracted or reconstituted concentrate) | |
| Texture & mouthfeel | Thin to medium (clear or pulpy) | Thicker, often <i>puree</i> -based or blended |
| Added sugars | Usually none (unless sweetened) ~ variable | Frequently added; sugar or sweeteners common |
| Regulatory notes | Labelled as “100% juice” or “from concentrate” | Often regulated as “nectar” with minimum fruit % in many jurisdictions |
| Typical uses | Drinking straight, mixers | Culinary sauces, smoothies, drinking where <i>thicker</i> texture desired |

Source: <https://vsdiff.com/juice-vs-nectar/>