

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 puree -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/>