Do You Think That

JUICE IS A HEALTHY CHOICE OR AN OCCASIONAL TREAT?

Juice is best as an occasional treat.

Here's why...

- Juice contains similar amounts of sugar as soda.
- Fruit juice offers no health benefits for infants younger than 6 months.
- For infants older than 6 months and children, fruit juice offers no health benefits over whole fruit.
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Too much juice may lead to obesity, diarrhea, gas, malnutrition, and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients. present in breast milk, formula, or cow's milk.

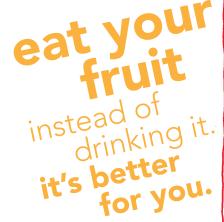
Recommendations

- Offer and encourage children to eat whole fruit instead of juice. They will get all the great fiber of the whole fruit and feel fuller than with drinking juice.
- If you decide to give your child juice:
 - It is recommended that you do not introduce it until your infant is at least twelve months old.
 - Choose 100% juice instead of fruit "drinks," which most likely contain added sweeteners and flavors.
 - Younger children aged I to 6 years should be limited to only 4-6 ounces of 100% juice a day, if any at all.
 - Older children should be limited to 8-12 ounces of 100% juice a day, if any at all.
 - Serve juice in open cups, not bottles or "sippy" cups that allow children to consume easily throughout the day.

Adapted from the American Academy of Pediatrics Committee on Nutrition.

Check out how much sugar is in some popular (and marketed towards children) juice and juice drinks:

| BEVERAGE | SUGAR GRAMS PER SERVING | TSP. OF SUGAR PER SERVING |
|--|-------------------------------|---------------------------------|
| Sunny D Baja Orange Drink | 43g | 10 |
| Capri Sun Red Berry Drink | 25g | 6 |
| Apple & Eve Bert & Ernie Berry 100% Juice | I3g | 3 |
| Earth's Best Strawberry Pear 100% Juice | llg | 2.5 |
| Water | 0g | 0 |





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This resource is adapted from Let's Go! materials. www.letsgo.org.