

# Enlightening Facts About Juice

0 SUGARY DRINKS, MORE WATER & LOW FAT MILK

## ACCORDING TO THE AMERICAN ACADEMY OF PEDIATRICS (AAP):

- Fruit juice offers no nutritional benefits for infants younger than 6 months.
- Fruit juice offers no nutritional benefits over whole fruit
- Fruit “drinks” are not nutritionally equivalent to fruit “juice” (see below).
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Excessive juice consumption may be associated with malnutrition, diarrhea, flatulence, abdominal distention and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients present in breast milk, formulas or cow’s milk.

## RECOMMENDATIONS:

- Do not introduce juice until your infant is 12 months old.
- Serve juice in open cups, so children cannot consume juice easily throughout the day.
- Offer and encourage children to eat whole fruit instead of juice.
- Serve only pasteurized juices.
- Choose 100 percent juice instead of fruit “drinks,” which, most likely contain added sweeteners and flavors.
- Younger children ages 1 – 6 years should have only 4 – 6 ounces of juice a day, if any at all.
- Older children should be limited to 8 – 12 ounces of juice a day, if any at all.

**RULE OF THUMB:**  
You are better off giving your children fruit instead of fruit juice.

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

BEVERAGE	SUGAR GRAMS PER SERVING	TEASPOONS OF SUGAR*
Sunny D ® Baja Orange Drink	43g	10 ¼
Capri Sun ® Red Berry Drink	25g	6
Apple & Eve ® Bert & Ernie Berry 100% Juice	13g	3
Earth’s Best ® Strawberry Pear 100% Juice	11g	2 ⅔
Water	0g	0