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.

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

<table>
<thead>
<tr>
<th>BEVERAGE</th>
<th>SUGAR GRAMS PER SERVING</th>
<th>TEASPOONS OF SUGAR*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunny D ® Baja Orange Drink</td>
<td>43g</td>
<td>10 ¼</td>
</tr>
<tr>
<td>Capri Sun ® Red Berry Drink</td>
<td>25g</td>
<td>6</td>
</tr>
<tr>
<td>Apple &amp; Eve ® Bert &amp; Ernie Berry 100% Juice</td>
<td>13g</td>
<td>3</td>
</tr>
<tr>
<td>Earth’s Best ® Strawberry Pear 100% Juice</td>
<td>11g</td>
<td>2 2/3</td>
</tr>
<tr>
<td>Water</td>
<td>0g</td>
<td>0</td>
</tr>
</tbody>
</table>

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