

WHY FRUIT JUICE?

Juice is an easy way to enjoy fruit. But juice should only be enjoyed in moderation. Here is what juice provides:

- ✓ **Vitamin C** helps heal cuts and bruises, fight infection, and use iron from food.
- ✓ **Vitamin A** is found in some juices for healthy eyes and skin.
- ✓ **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% fruit juice.
- ✓ Juice is mostly water. Children need enough fluid to stay healthy, but children should not have too much juice.
- ✓ Children ages 1 to 6 years should only have 1/2 to 3/4 cup of juice a day.

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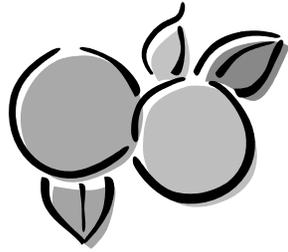
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FACTS ON FRUIT JUICE



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IS IT A FRUIT JUICE OR A FRUIT DRINK?



- ★ A juice product that states “100% juice” is made only from fruit juice. This product will contain the nutrients that naturally occur in the fruit.
- ★ Fruit drinks, fruit-ades, and fruit punches are made mainly of sugar and water.
- ★ Most fruit drinks contain less than 10% juice. Fruit drinks may be fortified with one or two of the major vitamins, but they do not have all the nutrients found in 100% juices.
- ★ Beware of juice boxes. Most juice boxes contain over 6 ounces of fruit juice—a little more than the daily recommended amount for young children.

FRUIT JUICE RECOMMENDATIONS

- ◆ The American Academy of Pediatrics recommends that children between the ages of 2-5 years of age have no more than 4 ounces (or 1/2 cup) of fruit juice a day.
- ◆ 1/2 cup of 100% fruit juice counts as 1/2 cup (or portion) of fruit from the fruit group.
- ◆ MyPyramid recommends that young children have 1 cup of fruit each day.

WHICH IS BETTER: WHOLE FRUIT OR FRUIT JUICE?

- ◆ Whole fruit is preferred over fruit juice. Although fruit juice helps maintain children’s fluid, whole fruit has more of the vitamins and minerals than fruit juice.
- ◆ Fruit juice does not have much fiber, which whole fruit does. Fiber is needed for a healthy digestive system.
- ◆ Offer children more apple slices, strawberry pieces, and orange pieces instead of fruit juice.



GO EASY...

Because juice is convenient, it is easy to drink too much of it.



Here is why drinking too much juice can be a problem:

- Too much juice may give children more calories than they need. This may contribute to children being overweight.
- If juice replaces milk or calcium-fortified soy beverages, children may not get enough bone building calcium. Calcium is the main building block for strong and healthy bones and teeth.
- Sipping a lot of juice also promotes cavities. Too much juice can sometimes cause diarrhea too.