

Do You Think That

# JUICE IS A HEALTHY CHOICE OR AN OCCASIONAL TREAT?

eat your fruit instead of drinking it. it's better for you.

MaineHealth

LET'S GO!

5-2-1-0

## 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 1 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	13g	3
Earth's Best Strawberry Pear 100% Juice	11g	2.5
Water	0g	0