HOW TO CHOOSE FRUIT JUICE FOR YOUR CHILD

Pediatricians say that it is better to eat whole fruits, and to only give juice once a day or less.

WHEN SERVING JUICE:
Choose either:

- 100% juice
  - 1-3 year olds: up to 4 oz
  - 4-6 year olds: up to 6 oz

- Drinks with low calories and NO diet sweeteners

Try adding ice or diluting 100% juice with water to cut down on sweetness.

For example: "Splashers" is 6 ounces and has 40 calories.

HOW CAN YOU TELL?

- Look just above the Nutrition Facts for % of juice.
  - Drinks that have only 5 or 10% juice usually have added sugars and diet sweeteners!

- Check the ingredients list for diet sweeteners
  - Examples:
    - Sucralose
    - Acesulfame Potassium
    - Neotame
    - Stevia

Ingredients: Filtered Water, Organic Apple Juice from Concentrate, Organic White Grape Juice from Concentrate, Organic Lemon Juice from Concentrate, Organic Cranberry Juice from Concentrate, Natural Flavors, Citric Acid (provides tartness), Organic Natural Flavors, Vitamin C (ascorbic acid)

This example has:
- NO added sugars (0g)
- NO diet sweeteners

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