

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:

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



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**

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

37% JUICE BLEND	
Nutrition Facts	
Serving Size 1 Drink Box	
Amount Per Serving	
Calories 35	
	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Sugars 8g	
Protein 0g	
Vitamin C 100%	
Not a significant source of calories from fat, saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, vitamin A, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

This example has:

- NO added sugars (0g)
- NO diet sweeteners

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)