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 NO added sugars and NO diet sweeteners**

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

HOW CAN YOU TELL?

- Drinks that have only **5 or 10% of juice** usually have added sugars and diet sweeteners!

- Look at the nutrition panel, be sure there are **0g of added sugars**.

- 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 Blueberry Juice from Concentrate, Organic Cranberry Juice from Concentrate, Natural Flavors, Vitamin C (ascorbic acid), Citric Acid (provides tartness), Organic Natural Flavors.

This example has:

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