



Why Juice or Fruit Drinks?

Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy.



How Much Juice?

Offer your child enough, but not too much:

Ages 1 to 6 years:

1/2 to 3/4 cup of juice a day.



Go Easy....

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may lead to weight gain. Go easy on juice for yourself, too!
- If juice replaces milk, your child may not get enough bone building calcium unless the juice has added calcium.
- Drinking a lot of juice can cause cavities. Sometimes it may cause diarrhea.

Juice or Fruit Drinks? Which Would You Buy?

Orange juice, juice drink, or orange soda?

Each has a sweet, citrus flavor. Labels can help you choose beverages for your family.

- ◆ For good nutrition, 100% fruit juice, like orange juice, is the best choice.
- ◆ Juice drinks have some juice and added vitamin C.
- ◆ Fruit-flavored soda, like orange soda is flavored water and has no nutrients.
- ◆ Soda and other sweet drinks do not go in baby bottles.

Labels can help you choose!

- Nutrition Facts can tell you how calories and nutrients differ between foods.
- Ingredients tell what the product contains.

*** Please check the ingredients on the label. If the first ingredients are water and high fructose corn syrup you know your beverage is high in sugar!**

Orange Juice 100% Juice

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 1 g	
Vitamin A 0% • Vitamin C 50%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Water, concentrated orange juice	

Orange Juice Drink Made with 5% Juice

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	0%
Total Carbohydrate 31g	9%
Dietary Fiber 0g	0%
Sugars 29g	
Protein 0 g	
Vitamin A 0% • Vitamin C 70%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)	

Orange Soda No juice

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	9%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0 g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)	