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.

Source: Adapted from NIBBLES FOR HEALTH Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service
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!

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