

# Enlightening Facts About Juice

## ACCORDING TO THE AMERICAN ACADEMY OF PEDIATRICS (AAP):

- Fruit juice offers no nutritional benefits for infants younger than 6 months.
- Fruit juice offers no nutritional benefits over whole fruit for infants older than 6 months and children.
- Fruit “drinks” are not nutritionally equivalent to fruit “juice” (see below).
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Excessive juice consumption may be associated with malnutrition.
- Excessive juice consumption may be associated with diarrhea, flatulence, abdominal distention, and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients present in breast milk, formula, or cow’s milk.

## RECOMMENDATIONS :

- If you decide to give your child juice, it is recommended that you do not introduce it until your infant is twelve months old.
- Serve juice in open cups, not bottles or “sippy” cups that allow children to consume juice easily throughout the day.
- Offer and encourage children to eat whole fruit instead of juice. They will get all the great fiber of the whole fruit and feel more full than with drinking juice.
- Serve only pasteurized juices.
- Choose 100% juice instead of fruit “drinks,” which, by definition, could contain between 10% and 99% juice and most likely contain added sweeteners and flavors.
- Younger children aged 1 to 6 years should have only 4-6 ounces of juice a day, if any at all.
- Older children should be limited to 8-12 ounces of juice a day, if any at all.

*Taken from the American Academy of Pediatrics Committee on Nutrition*

Check out how much sugar is in some popular (and marketed towards children) juice & juice drinks:

*\*One Teaspoon equals 4.2 grams of sugar.*

Beverage	Sugar Grams per Serving	Teaspoons of Sugar*
Sunny D® Baja Orange Drink	43g	10 1/4
Capri Sun® Red Berry Drink	25g	6
Apple & Eve® Bert & Ernie Berry 100% Juice	13g	3
Earth’s Best® Strawberry Pear 100% Juice	11g	2 2/3
Water	0g	0

**Rule of Thumb:**  
You are better off giving your children fruit instead of fruit juice.

