

Exploring

children's health and wellness

Capital District
Child Care Council

a tipsheet for parents and caregivers of children

9 Ways to Get the Most Out of Your Juice

As parents and caregivers you already know that too much soda and sweetened beverages aren't good, but what about 100 % juice? Too much of a good thing is not good for children. Drinking too much juice can lead to problems like, diarrhea, tooth decay and childhood overweight. Here are some tips for quenching thirst and maintaining your children's health.

1. **Choose whole fruit instead.** A piece of fruit contains more nutrients and fiber than a cup of juice and will also keep children full longer.
2. **Offer water instead of juice to quench thirst.** Juice does not quench thirst. One of the best things you can do for your child's nutritional health is get them used to the idea that water is the best thirst quencher and a great beverage.
3. **Serve fat-free or low-fat milk with meals and snacks.** Milk contains calcium and vitamin D needed for bone health. Children ages 2-8 years need 2 cups per day while children over age 9 need 3 cups per day.
4. **Only serve 100% fruit juice.** Drinks with less than 100% juice contain added sugar.
5. **Don't drown the appetite!** Drinking too much juice can confuse a child's appetite for nutritious foods causing them to miss key nutrients for growth and development.
6. **Cut "empty" calories.** Although juice contains vitamin C, potassium and other nutrients, it is similar in calories to soda and other sugar-sweetened beverages.

7. **Cups only please!** Only serve fruit juice in an open cup, while seated at snack. Serving fruit juice in bottles and sippy cups can promote tooth decay.
8. **Avoid belly aches.** The natural sugars in juice (fructose and sorbitol) are poorly absorbed by the body and may lead to diarrhea and chronic GI distress.
9. **Ban the bacteria.** Serve only pasteurized, 100% fruit juice. Unpasteurized juice may contain harmful bacteria. For your safety and that of the child, always read the labels to be sure the juice is pasteurized.

Too much of a good thing may not be good for you



The following are the American Academy of Pediatrics recommendations regarding juice intake:

No juice for children younger than 1 year of age.
4-6 oz/day (½ - ¾ cup) for children 1 to 6 years of age
8-12 oz/day (1 - 1 ½ cups) for children 7-18 years of age