

100% JUICE: WHAT SIZE IS BEST?

MOST BRANDS SELL JUICE BOXES AND POUCHES IN MANY DIFFERENT SIZES!

When buying 100% juice, check the number of ounces in each container by **looking at the front of the package**, usually on the bottom right. Try to pick the best option for your child's age.



8 - 4.23 FL OZ (125 mL) BOXES

Translation: There are 8 juice boxes, and each box has 4.23 ounces of juice.

HOW MUCH 100% JUICE SHOULD MY CHILD DRINK?

AGE:	LEADING HEALTH EXPERTS RECOMMEND*:
UNDER 12 MONTHS	Do not give any juice. No nutritional benefit for babies
1 TO 3 YEARS	No more than 4 ounces of juice per day (1/2 cup)
4 TO 5 YEARS	No more than 6 ounces of juice per day (3/4 cup)

*Check out Healthydrinkshealthykids.org for more information



Look for the **100% juice label on the front of the package**. If it is not there, the drink may contain added sugars and/or diet sweeteners, which health experts do not recommend.