

HOW TO CHOOSE FRUIT JUICE FOR YOUR CHILD



Pediatricians say that it is better to eat whole fruits, and to **only give juice once a day or less.**



WHEN SERVING JUICE:

Choose either:

Try **adding ice** or diluting 100% juice with **water** to cut down on sweetness



100% juice
1-3 year olds: up to 4 oz
4-6 year olds: up to 6 oz

Drinks with
NO added sugars and
NO diet sweeteners

For example:
"Splashers" is a blend of water and juice with **no added sugars.**

HOW CAN YOU TELL?

- Drinks that have only **5 or 10% of juice** usually have added sugars and diet sweeteners!
- Look at the nutrition panel, be sure there are **0g of added sugars.**
- Check the ingredients list for diet sweeteners.

Examples:

- Sucralose
- Acesulfame Potassium
- Neotame
- Stevia

37% JUICE BLEND

Nutrition Facts

8 servings per container

Serving Size 1 Drink Box

Amount Per Serving
Calories 35

% Daily Value

Total Fat 0g 0%

Sodium 15mg 1%

Total Carbohydrate 8g 3%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin C 70%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

This example has:

- NO added sugars (0g)
- NO diet sweeteners

Ingredients: Filtered Water, Organic Apple Juice from Concentrate, Organic White Grape Juice from Concentrate, Organic Lemon Juice from Concentrate, Organic Blueberry Juice from Concentrate, Organic Cranberry Juice from Concentrate, Natural Flavors, Vitamin C (ascorbic acid), Citric Acid (provides tartness), Organic Natural Flavors.