### **HOW TO CHOOSE**



## 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 NO added sugars and NO diet sweeteners

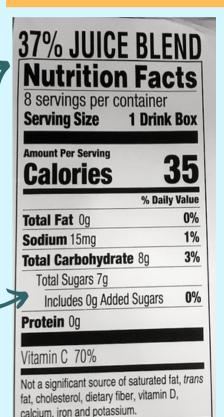
For example:
"Splashers" is
a blend of water
and juice with no
added sugars.

# **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 Og of added sugars.
- Check the ingredients list for diet sweeteners.

### Examples:

- Sucralose
- Acesulfame Potassium
- Neotame
- Stevia





- 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.

