



J u i c e

Not all juices are created equal.

These are some examples of 100% juices and the amount of sugar in each juice.

All these juices are authorized Ohio WIC juices. You can buy either the brand names listed, or store brands, as long as they are 100% juice.

V8 Fusion
Tropical
Orange



Calories 120
Sugar 25 g

Northland
100% Cranberry
Grape Juice



Calories 140
Sugar 32 g

Juicy Juice
100% Apple
Juice



Calories 110
Sugar 26 g

Welch's
100% Red
Grape Juice



Calories 170
Sugar 42 g

It is easy for kids to drink a lot of juice, but too much juice can lead to poor nutrition, tooth decay, and unhealthy weight gain.

Juice should NOT replace whole fruits or other healthy beverages like low-fat milk or water. Choose juice options wisely!

Juice is just one way for your child to get their fruits and veggies each day. If your child drinks juice they should only have:

- 100% juice
- 4 ounces per day for 2-3 year olds
- 4-6 ounces per day for 4-8 year olds
- 8-12 ounces per day for 8-18 year olds

Some juices have a serving of fruit and of vegetables, like:

- Mott's Medleys
- V8 Fusion
- Apple & Eve Fruitables



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