Fruit & Vegetable Juices

It is important to be aware that all 100% fruit juices have sugar—sometimes as much or more than soda! Too much juice can lead to serious health problems like tooth decay or obesity, and can lead to children not getting enough vitamins or minerals.

What juices should children drink?
Always choose 100% fruit or vegetable juices. Drinks that have less than 100% fruit or vegetable juice are often called fruit “drinks,” “cocktails,” or “beverages.”

Choose mixes of both fruits and vegetables to vary the vitamins and flavors your child gets. Look for 100% juices that are fortified with additional vitamins and minerals, such as vitamin C and calcium.

Juices, including apple ciders, should be pasteurized to make sure they are safe to drink.

When should my child drink juice?
Children under 12 months old should never drink juice.

Juice should never replace your child’s daily water intake.

Juices can be part of a healthy snack but shouldn’t be a part of most meals.

Too much juice intake can sometimes make diarrhea worse. If your child has diarrhea, check with your child’s doctor about whether it’s safe to give juice.

Did you know?
The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for about the first 6 months of life. When you add solid foods to your baby’s diet, continue breastfeeding until at least 12 months. You can continue to breastfeed after 12 months if you and your baby desire. Check with your child’s doctor about the recommendations for vitamin D and iron supplements during the first year.
### Daily Juice Recommendations

Fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients.

<table>
<thead>
<tr>
<th>AGE:</th>
<th>RECOMMENDATION:</th>
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<tbody>
<tr>
<td>Younger than 12 months old</td>
<td>Do not routinely give fruit juice to infants younger than 12 months since it offers no nutritional benefit at this age.</td>
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<tr>
<td>1 to 3 years old</td>
<td>Limit fruit juice to a maximum of 4 ounces per day (1/2 cup). Drink juice with a meal or snack, not throughout the day.</td>
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<tr>
<td>4 to 6 years old</td>
<td>Limit fruit juice to a maximum of 4 to 6 ounces per day (1/2 to 3/4 cup). Drink juice with a meal or snack, not throughout the day.</td>
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<tr>
<td>7 to 18 years old</td>
<td>Limit juice to 8 ounces per day (1 cup).</td>
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Source: healthychildren.org