

# 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	
<b>Serving Size</b>	<b>1 Drink Box</b>
Amount Per Serving	
<b>Calories</b>	<b>35</b>
<small>% Daily Value</small>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Total Sugars 7g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 0g	
<b>Vitamin C</b> 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.