Health professionals continue to stress that eating more servings of fruits and vegetables is extremely important for good health. These guidelines suggest the amount of whole fruit your child should include in a healthy meal plan. Drinking 100% fruit juice is an easy way to make sure your child meets their fruit intake for the day. However, parents need to be aware of how much and how often juice is consumed.

### Daily Fruit Recommendations from MyPyramid.gov

<table>
<thead>
<tr>
<th>Age</th>
<th>Total Fruit per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toddlers 2-3 yrs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Girls 4-8 yrs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Boys 4-8 yrs</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Girls 9-18 yrs</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Boys 9-13 yrs</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Boys 14-18 yrs</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

### What health benefits do 100% fruit juices offer?

Fruit juices are packed with vitamins, minerals and phytochemicals – unique compounds found only in plants. Researchers have found that these compounds in fruit and fruit juice help to maintain good health by preventing and fighting disease.

### Can 100% fruit juice be a substitute for fresh fruit?

**Yes!** When portion size and frequency are appropriate, one hundred percent (100%) fruit juice can count as a substitute for whole fruits and vegetables. Most servings of fruit should come from whole fruits, but a limited portion of them can come from 100% fruit juice.

**One-half (1/2) cup or 4 ounces (4oz.) of 100% fruit juice equals one serving from the fruit group.**

- **1 medium orange** equals
  - 60 calories
  - 3 grams of fiber
  - 1 serving of a fruit

- **4 oz 100% orange juice** equals
  - 60 calories
  - 0 grams of fiber
  - 1 serving of a fruit
What is 100% juice?

Juice is the liquid from a fruit or vegetable. 100% juice is the juice without added sugars.

To determine if a juice beverage is 100% juice, the container label must state that the product is 100% juice. This information is usually included near the Nutrition Facts panel on the back of the label, or clearly listed on the front label.

Why limit 100% juice?

- Many children may be consuming too much juice, often in place of milk, water whole fruits or vegetables.
- Children who consume too much juice may not be hungry and will miss out on other important nutrients their bodies need from other foods.
- Juice does not contain the fiber that whole fruits and vegetables contain.
- Large quantities of juice provide excessive amounts of calories and may contribute to unwanted weight gain and tooth decay.

What can I do to keep juice healthy for my family?

- **Buy only 100% juice**, look for the word “juice” on the label.
- **Avoid products** that are called “drinks,” “beverages,” or “cocktails”
- **Do not give juice to infants** younger than 6 months.
- **Give only 4 to 6 ounces** of fruit juice per day to children between the ages of 1 to 6 years.
- **Give only 8 to 12 ounces** of fruit juice per day to children between the ages of 7 to 18 years.
- Give juice only to infants who can drink from a cup, **never in a bottle**.
- **Do not allow your child to carry** a cup or box of juice around throughout the day.
- **Never allow a child to fall asleep with a container of juice**. This promotes tooth decay.

### 100% Fruit Juice Guidelines for Kids

<table>
<thead>
<tr>
<th>Amount Daily</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Juice</td>
<td>Infants six months of age and under</td>
</tr>
<tr>
<td>4 – 6 ounces</td>
<td>Older infants (when able to drink from a cup) plus children 1 – 6 years</td>
</tr>
<tr>
<td>8 – 12 ounces</td>
<td>Children 7 – 18 years</td>
</tr>
</tbody>
</table>

**Note:** Juice should never be fed by bottle to small children.

**Source:** American Academy of Pediatrics