Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they’re fortified with Vitamin C.

Always try to choose whole fruits over juice.

If you choose to serve juice, buy 100% juice.

Each day, juice should be limited to:
- 4-6 ounces for children 1-6 years old
- 8-12 ounces for children 7-18 years old
- No juice for children 6 months and under

Make changes slowly by adding water to your child’s juice.

Suggest a glass of water or low fat milk instead of juice.

Drink less sugar.
Try water and low fat milk instead of soda and drinks with lots of sugar.
Encourage low fat milk instead of sugar-sweetened drinks.

According to the national dairy council:

- Children ages 4-8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- Children ages 9-18 years old should be consuming four and a half 8-ounce glasses of milk or other dairy each day.

The recommendation is that children over the age of two drink low fat milk. Gradually make the change from whole milk to low fat milk.

Make a milkshake using low fat milk, ice, and your favorite berries.