



Eat right. Be active. Get healthy.

LET'S GO! TAKES 5-2-1-0 TO SCHOOL

Limit Sugar-Sweetened Drinks, Including Fruit Juice

Put Limits on Juice

- 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**
 - 8-12 ounces for children **7-18 years**
 - Children **6 months** and under should not be given juice



Did You Know?

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.

- According to the Center for Family & Community Health



Tips to Make it Easier:

- Suggest a glass of water or low-fat milk instead of juice
- Make changes slowly by adding water to your child’s juice
- Try mixing seltzer with a small amount of juice



For more information, visit www.letsgo.org

The Barbara Bush
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