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