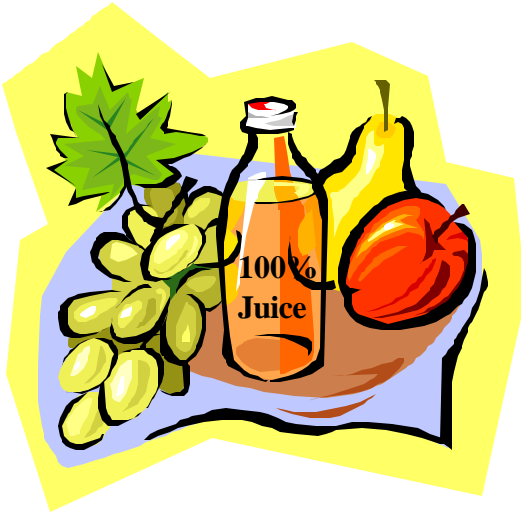


Fruit Juice – How much is too much?



Fruit is one of the five major food groups in the Food Guide Pyramid, and children need 2 to 4 servings of fruit each day. One of these servings of fruit can come from 100% fruit juice, like the juice you receive from WIC.

What is the difference between 100% fruit juice and other fruit drinks?

To be labeled fruit juice, the beverage must contain 100% fruit juice. Fruit drinks, juice drinks, fruit cocktails, ades, and punches may contain only 5 to 10% fruit juice. Some of these fruit drinks may have added vitamins, but they are mainly artificial flavorings, sugar, and water.



Why should I be concerned if my child drinks a lot of juice?



Fruit juice can be a healthy part of your child's diet, but many children drink too much juice. If your child drinks more than 12 ounces of juice each day, it may decrease her appetite for other nutritious foods. Drinking too much juice could lead your child to become overweight or underweight. It may also lead to other problems. Go to the next page to find out more about the problems of excessive juice intake.

Go to: http://websrv02.kidshealth.org/breaking_news/fruit_juice.html . Read “Too Much Fruit Juice Not a Good Thing”. Use the information from the article and the word list below to complete the crossword puzzle.

Word List for Crossword Puzzle

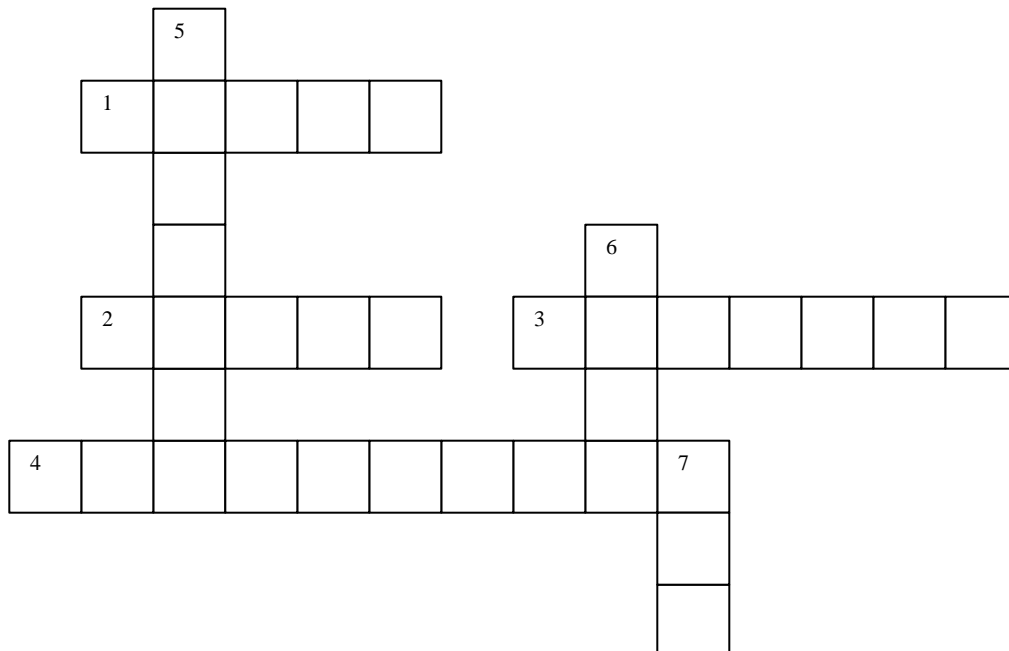
six fiber four decay sweeteners bedtime bottles

Across

1. The sugar in fruit juice can lead to tooth _____, especially if children are allowed to drink it from bottles, cups, or boxes continuously throughout the day.
2. Encourage your child to eat whole fruits. Unlike juice, whole fruits are a good source of dietary _____.
3. Do not give juice in _____ or cups that allow the child to drink continuously throughout the day.
4. Fruit “drinks” or “cocktails” may contain extra _____ and other ingredients that may interfere with good nutrition.

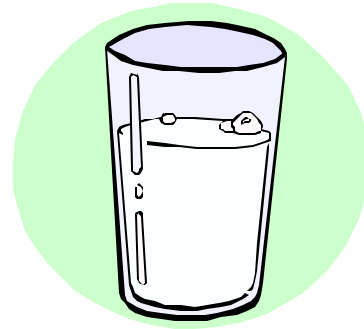
Down

5. Do not give your infant fruit juice at _____.
6. For children ages 1 to 6, limit intake of juice to _____ to six ounces per day.
7. Do not give juice to babies younger than _____ months.



**Have you ever wondered how much your child needs to drink each day?
Here are a few guidelines to follow:**

- ❖ Limit milk to 16 ounces per day.
- ❖ Limit juice to 4 to 6 ounces per day.
- ❖ Offer at least four glasses of water each day.



Here are a few more ways you can limit the amount of juice your child drinks:

- ❖ Only offer juice at meals or snacks. Remember, juice should be served in a cup, not a bottle.
- ❖ Keep a pitcher of water at the front of your refrigerator. If the water is easy to access, you and your family will be more likely to drink it. You can add fresh lemon, lime, or orange slices to the pitcher of water for extra flavor.
- ❖ Let your child choose a special cup for water only, and offer water to drink when your child is thirsty.

We have shared a few ways you can limit the amount of juice your child drinks. Please tell us one idea you have for limiting your child's juice intake. We would like to share your ideas with other parents.

This institution is an equal-opportunity provider.
1-800-WIC-FOR-U (1-800-942-3678)