

Juice

HOW MUCH IS TOO MUCH?

Juice is fun to drink. It tastes great and has Vitamin C, that's why it's easy to drink too much. Juice also has lots of calories and sugar. That's why it's not good to drink too much.



TOO MUCH JUICE CAN CAUSE:

- Weight gain
- Cramps and gas
- Tooth decay
- Poor appetite for healthier foods

SO, WHAT IS THE RIGHT AMOUNT OF JUICE?

Infants*	None for infants under 6 months old Mashed or pureed fruit instead of juice for infants 6 to 12 months old
Children 1 to 6 years old*	4 to 6 ounces each day
Older children and adults*	4 to 8 ounces each day

*Recommendations from the American Academy of Pediatrics and the Dietary Guidelines for Americans, 2005.

TIPS TO HELP YOU DRINK THE RIGHT AMOUNT OF JUICE:

- Eat more fruit
- Drink water between meals
- Drink juice with a meal
- Put juice in a cup without a lid for children over age one
- Mix juice with water
- Make drinking water fun by adding fruit slices, ice or using a special cup

Juice is part of a healthy diet... just don't drink too much!



NEW YORK STATE DEPARTMENT OF HEALTH