

Juice or Fruit Drinks?

Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.


Juice is mostly water. Like you, your child needs enough fluid to stay healthy.

How Much Juice?

Offer your child enough, but not too much:

Ages 1 to 6 years:
1/2 to 3/4 cup of juice a day.





Go Easy...

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

Juice or Fruit Drinks?

Which Would You Buy?

Orange juice, juice drink, or orange soda? Each has a sweet, citrus flavor. Labels can help you choose beverages for your family.

- For nutrition 100% orange juice is the best.
- Juice drinks have some juice and added vitamin C.
- Orange soda is flavored water.

Labels can help you choose

- Nutrition Facts tell how calories and nutrients differ.
- Ingredients tell what it's made from.

Orange Juice

100% Juice

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 22g	
Protein 1g	
Vitamin A 0% • Vitamin C 50%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Water, concentrated orange juice

Orange Juice Drink

Made with 5% Juice

Nutrition Facts	
Serving Size 12 FL OZ (240g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 31g	10 %
Dietary Fiber 0g	0 %
Sugars 29g	
Protein 0g	
Vitamin A 0% • Vitamin C 70%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)

Orange Soda

Nutrition Facts	
Serving Size 8 fl oz (240g)	
Servings Per Container 1.5	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 35mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 32g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)