

# Juice or Fruit Drinks?

## Why Fruit Juice?

Juice is a way to enjoy fruit. Keeping 100% juice on hand is good for your whole family! Here's what juice provides.

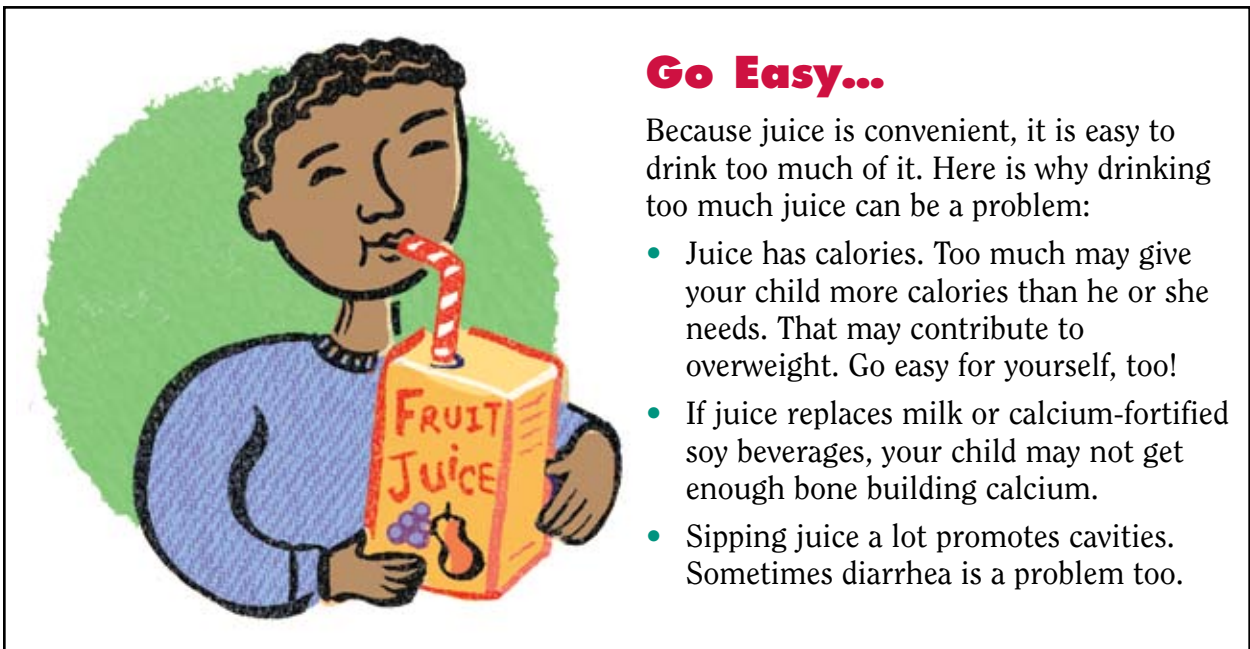
- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.

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 2 to 5: when serving 100% juice, offer no more than ½ to ¾ cup depending on age, gender, and activity level.**



## Go Easy...

Because juice is convenient, it is easy to drink too much of it. Here is 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.

**Try to offer lowfat or fat-free milk or water as an alternative beverage.**

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# Juice or Fruit Drinks?

## Which Would You Buy?

Orange juice, orange 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, added vitamin C, and added sugars.
- Orange soda is carbonated water with added sugar and flavorings.

## Labels can help you choose

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

### Orange Juice

100% Juice

| Nutrition Facts             |     |                  |
|-----------------------------|-----|------------------|
| Serving Size 8 fl oz (249g) |     |                  |
| Servings Per Container 8    |     |                  |
| Amount Per Serving          |     |                  |
| <b>Calories</b>             | 112 |                  |
| %Daily Value*               |     |                  |
| <b>Total Fat</b>            | 0g  | 0 %              |
| Saturated Fat               | 0g  | 0 %              |
| Trans Fat                   | 0g  | 0 %              |
| <b>Cholesterol</b>          | 0mg | 0 %              |
| <b>Sodium</b>               | 0mg | 0 %              |
| <b>Total Carbohydrate</b>   | 26g | 9 %              |
| Dietary Fiber               | 0g  | 0 %              |
| Sugars                      | 21g |                  |
| <b>Protein</b>              | 2g  |                  |
| Vitamin A                   | 0%  | • Vitamin C 200% |
| Calcium                     | 3%  | • Iron 0%        |

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Orange juice (not from concentrate)

### Orange Drink

Made with 5% Juice

| Nutrition Facts              |      |                 |
|------------------------------|------|-----------------|
| Serving Size 12 fl oz (240g) |      |                 |
| Servings Per Container 1     |      |                 |
| Amount Per Serving           |      |                 |
| <b>Calories</b>              | 120  |                 |
| %Daily Value*                |      |                 |
| <b>Total Fat</b>             | 0g   | 0 %             |
| Saturated Fat                | 0g   | 0 %             |
| Trans Fat                    | 0g   | 0 %             |
| <b>Cholesterol</b>           | 0mg  | 0 %             |
| <b>Sodium</b>                | 30mg | 1 %             |
| <b>Total Carbohydrate</b>    | 31g  | 10 %            |
| Dietary Fiber                | 0g   | 0 %             |
| Sugars                       | 29g  |                 |
| <b>Protein</b>               | 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          |      |                |
| <b>Calories</b>             | 120  |                |
| %Daily Value*               |      |                |
| <b>Total Fat</b>            | 0g   | 0 %            |
| Saturated Fat               | 0g   | 0 %            |
| Trans Fat                   | 0g   | 0 %            |
| <b>Cholesterol</b>          | 0mg  | 0 %            |
| <b>Sodium</b>               | 35mg | 1 %            |
| <b>Total Carbohydrate</b>   | 32g  | 11 %           |
| Dietary Fiber               | 0g   | 0 %            |
| Sugars                      | 32g  |                |
| <b>Protein</b>              | 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)

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