# Juice or Fruit Drinks?

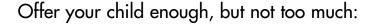
## Why Fruit Juice?

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



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 0 % 0g 0 % Saturated Fat 0g 0 % Cholesterol 0mg Sodium 0mg 0 % 9 % **Total Carbohydrate** 26g 0 % Dietary Fiber 0g 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		
%Dail	y 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 (	70%	
Calcium 0% • Iron 0%		
* Percent Daily Values are based on a 2, calorie diet.	000	

**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		
%Da	aily 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	n C 0%	
Calcium 0% • Iron 09	%	
* Percent Daily Values are based on a calorie diet.	2,000	

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