Know the facts about drinking fruit juice!

1. Eating fruit is better than drinking fruit juice as whole fruits contain fiber that is not found in the juice.

0. Fruit juice contains more sugar and calories than eating the whole fruit.

Encourage kids to eat whole fruit instead of drinking fruit juice. Also, be aware of the difference between fruit juice and fruit drinks. Fruit drinks are less than 100% fruit juice and must include terms like “drink,” “beverage,” or “cocktail” on their labels.

Tips:
- Use a blender or extractor for fruits instead of a juicer
- Cut fruit into pieces, remove the seeds (if any) and add to a glass of water for flavor
- Refrain from giving toddlers juice in bottles or “sippy cups” or at bedtime as this could increase dental health risks.

Remember 4 and under for 4 and under: Limit the amount of fruit juice to 4 ounces for toddlers under 4 years old.

Remember 4 to 6 for 4 to 6: Keep daily fruit juice intake for 4 to 6 year olds to 4 to 6 ounces.

For more information visit us at https://5210.psu.edu or email at 5210@psu.edu.

Reference:

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