

Kids and Juice

Too Much of a Good Thing?

Fruit juice tastes sweet and most kids love to drink it. But, it can be too much of a good thing.



Did you know?

- Many children may be drinking too much fruit juice, fruity drinks and pop.
- The problem? These drinks are replacing other more nourishing foods and beverages such as milk. Milk has calcium and vitamin D which are needed for strong and healthy bone growth.



Fruit Drink Facts... Read the Label

- Read the product name carefully. Anything called a drink, punch, or ade has little or no real fruit juice.
- Real juice has over 20 vitamins and minerals while a fruit drink with added vitamin C has only one.
- Many fruity drinks are made to look like juice but are just sugar and water with some flavours. For example, a drink with 10% fruit juice has only 2 tablespoons of real fruit juice in an 8 oz (1 cup) serving. The rest is mainly sugar and water.
- Too much sugar from fruit drinks can cause tooth decay and diarrhea.
- Children who fill up on fruit drinks may not have room for healthy meals and snacks.
- Pictures of fruit and fruity names do not guarantee any real fruit in the drink.

Fruit Juice Facts... Read the Label

- Juices with calcium added have the same calcium content as cow's milk but do not have other important nutrients like vitamin D which is needed for healthy bone growth.
- Some juices with calcium added contain milk ingredients such as milk solids. These juices may not be suitable for children with a milk allergy or intolerance.
- Look for the words "unsweetened", "pure fruit juice from concentrate", and/or "no artificial flavours or colours added".
- Read the ingredient list. If sugar or glucose is first on the list, this is not your best choice.
- Too much fruit juice can be filling, and as a result children may not be hungry for other healthy foods.
- Too much juice can cause tooth decay and diarrhea.



When and How much Fruit Juice is Ok?

- Choose vegetables and fruit more often than juice.
- Juice should not be given to infants under 6 months of age.
- Infants less than one year of age should not have more than 4 oz (1/2 cup) of juice a day.
- Do not give juice in a bottle. Give juice in a cup (not a sippy cup) at set times during the day such as a snack time. Limit the number of times per day that children are offered juice.
- For children aged 1-6, limit fruit juice to 4-6 oz (1/2 - 3/4 cup) a day.
- For older children and teens aged 7-18, limit fruit juice intake to 8 oz (1 cup) a day.

Thirsty Tips:

- If children are thirsty, offer water. Serve milk at all meals.
- Make sure kids have a personal water bottle for active play, sports and travelling.



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