Fruit Juice

Fruit juice can provide your child with good nutrients, such as vitamin C, but an excessive amount of juice can cause problems. If a child drinks more than 4 ounces of fruit juice a day, he or she may be at risk for the following:

- **Obesity:** Children who drink more than 4 ounces of fruit juice a day are at risk of obesity. If a child is drinking an excessive amount of juice he or she is also getting an excessive amount of calories. This juice may make your child feel full and lead him or her to refuse nutrient dense foods essential for growth and development.

- **Tooth Decay:** Children who eat or drink excessive amounts of sugar are at high risk for tooth decay.

- **Diarrhea:** If your child is drinking too much fruit juice, more than 12 ounces, he may experience loose stools.

If the juice does not say 100% real fruit juice, it has extra sugar added to it.

On the food label, look for the statement “contains 100% real fruit juice”. If the item contains only 10% of real fruit juice, you might consider choosing another beverage.

Some examples of 100% real fruit juice include:

- Seneca Apple Juice
- Welch’s Grape Juice
- All Dole products like Pineapple Juice.

Drinks such as Capri Sun and Hawaiian Punch only contain 5 or 10% real fruit juice. Those drinks will have extra sugar added for flavoring.

100% fruit juice is okay to give your child sometimes, but he will receive more vitamins and minerals if he eats the actual fruit. He will also benefit from the fiber provided in fruit. Fiber helps keep your child regular.