

# May I have some juice, please?

Interesting facts about juice

## Know the facts about drinking fruit juice!

- 5** 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.

### Did you know?

grapefruit juice can interfere with medication’s effectiveness. Also, fruit juice is not appropriate in the treatment of dehydration or management of diarrhea.

### 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.



Do not introduce Juice into a newborn’s diet. Stick to human milk or infant formula.

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 ages 7 18, juice intake should be limited to 8 ounces.

For more information visit us at <https://5210.psu.edu> or email at [5210@psu.edu](mailto:5210@psu.edu).

Reference:

Heyman, M. B., & Abrams, S. A. (2017). Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. *Pediatrics*, e20170967.