Fruit Juice

The appropriate use of fruit juice in children's diets

Prepared by Tracey Hull, Dietetic Intern, University of Delaware
Precepted by Mary Saucier Choate, M.S., R.D., Co-op Food Stores of NH and VT

Kinds of Fruit Juice

- 100% juice
- Drinks that contain a percentage of juice (5% juice, 10% juice, etc.)
- Drinks that contain no juice (0% juice)

"One hundred percent juices are acceptable, affordable, and nutritious beverages that do not compromise children's growth"

Study published by the Academy of Nutrition and Dietetics

100% juice is the best choice

- 100% fruit juice is a nutrient-dense beverage
- This means it provides vitamins, minerals, and other substances that provide health benefits without providing a large amount of calories.
- Nutrient-dense juices contain no added sugars

Juice drinks containing less than 100% juice

- May contain added sugar
- May contain preservatives
- May have additives

Juice content is shown on the label

100% Juice offers many benefits

- 100% juices contain vitamins and minerals lacking in most American diets including:
  - Folate
  - Magnesium
  - Potassium
  - Vitamin A
  - Vitamin C
  - Vitamin K
  - Some are fortified with calcium

Fruits can offer protective health benefits

- Scientific evidence suggests that fruit and vegetable intake is associated with a decreased risk of many chronic diseases such as heart disease, stroke, and some cancers.

Why limit 100% juice?

- Compared with whole fruit, juice is low in fiber (even juice with added pulp).

- Juice contains calories. Excessive amounts of calories can contribute to weight gain.

- Large intakes of juice may decrease your child's appetite for other foods and beverages, which decreases their consumption of other nutrients.

Appropriate portion sizes

- According to MyPlate.gov, 4 oz. of 100% juice is equal to one-half cup of fruit.
- No more than ½ of your servings of fruit should be in the form of juice.

Infants less than 6 months

- Juice consumption is discouraged for this age group.
- Teeth begin to develop around 6 months of age. Allowing infants to drink from a cup, bottle, or juice box throughout the day leads to excessive exposure of teeth to sugars, which promotes cavities.
- Infants should be given juice in a cup, not a bottle, and not put to bed with a bottle in their mouth.

American Academy of Pediatrics

Infants 6-12 months

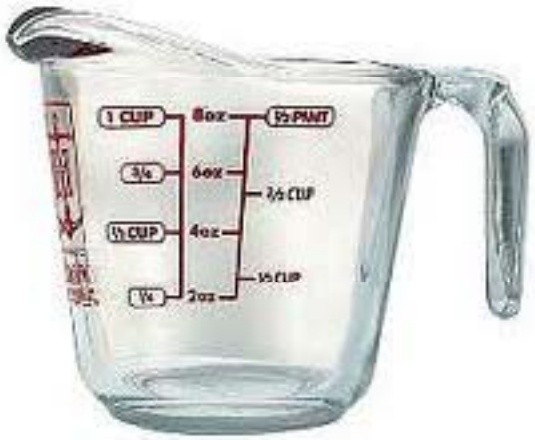
- Limit consumption to 2 oz. per day. (¼ cup per day)

American Academy of Pediatrics

Children ages 1-6 years

- Limit consumption of juice to 4-6 oz. per day (½ - ¾ cup per day)

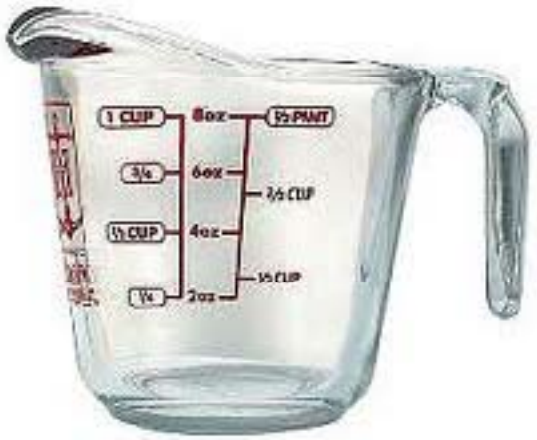
American Academy of Pediatrics



Children ages 7-18 years

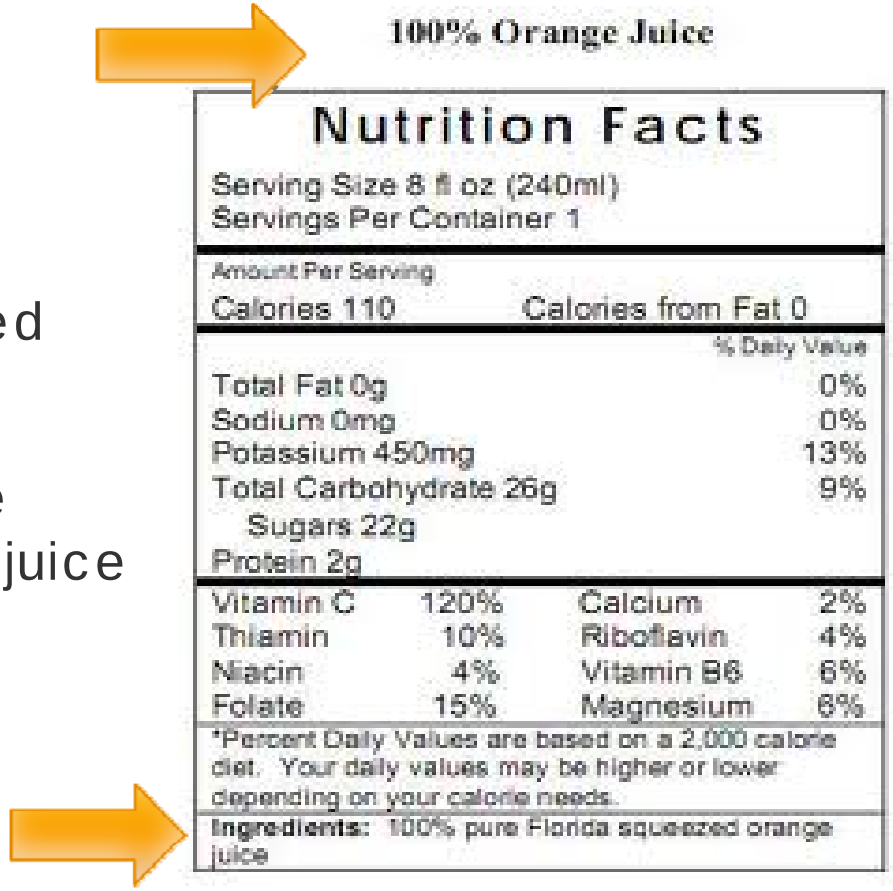
- Limit to 8-12 oz. per day (1-1.5 cups per day)

American Academy of Pediatrics



What to look for

- 100% juice, which will be stated on the label
- If the package does not state 100% juice, then it is not 100% juice
- No **added** sugars
- Ingredient list does not list sugar



Compare the labels and ingredient lists of 100% Juice and 10% Juice

100% Pure Orange Juice

Nutrition Facts

Serving Size (fl oz)	8
Servings per Container	1

Amount Per Serving		
Calories	110	
		% Daily Value*
Total Fat (g)	.32	0%
Sodium (mg)	2	0%
Potassium (mg)	473	13%
Total Carb (g)	25	9%
Sugars (g)	22	
Protein (g)	2	

Vitamin C	137%	Calcium	3%
Thiamin	18%	Vitamin B6	7%
Niacin	3%	Magnesium	7%
Folate	11%		

Not a significant source of saturated fat, cholesterol, dietary fiber, vitamin A and iron.

Ingredients:
100% PURE SQUEEZED PASTEURIZED ORANGE JUICE

*Percent Daily Values are based on a 2,000 calorie diet.

Contains 10% Juice

Nutrition Facts

Serving Size (fl oz)	8
Servings per Container	2

Amount Per Serving		
Calories	120	
		% Daily Value*
Total Fat (g)	0	0%
Sodium (mg)	190	8%
Potassium (mg)	0	0%
Total Carb (g)	29	10%
Sugars (g)	29	
Protein (g)	0	

Vitamin C (%)	100%
Thiamin	15%

Ingredients:
WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (ORANGE, TANGERINE, APPLE, LIME, GRAPEFRUIT), CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, XANTHAN GUM, SODIUM HEXAMETAPHOSPHATE, SODIUM BENZOATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6.

*Percent Daily Values are based on a 2,000

Other Quality Beverage Choices

- Low fat or fat-free milk
- Low fat or fat-free milk alternatives containing or fortified with calcium including soy milk and almond milk
- Water
- Exception: children under 2 years of age require full-fat milk and milk alternatives for proper nervous system development.

References

- Dietary Guidelines for Americans 2010. U.S. Department of Agriculture, U.S. Department of Health and Human Services. www.dietaryguidelines.gov

- Skinner J, Carruth B. A longitudinal study of children's juice intake and growth: the juice controversy revisited. Academy of Nutrition and Dietetics: April 2001; Volume 101, Issue 4: 432-437.

- Rampersaud G, Baily L, Kauwell G. National survey beverage consumption data for children and adolescents indicate the need to encourage a shift toward more nutritive beverages. Academy of Nutrition and Dietetics: January 2003; Volume 103, Issue 1.

- Healther Hopwood.Proposed Rule to Update School Lunches and Breakfasts. USDA Food & Nutrition Service 2011 SNA Annual Conference. School Nutrition Association. 2009.