

## Standard 5 Fruit Juice

**Recommend parents and caregivers limit servings of fruit juice to 4-6 ounces per day for children 12 months and older.**

### **Why is this Standard important?**

Whole fruits and vegetables are preferred to juice because they provide fiber and nutrients that may be lost in the processing of juice. Even 100% pure juice offers no nutritional advantage over whole fruits or vegetables. Drinking too much juice may be linked to children being overweight or obese and can result in decreased appetite for other nutritious foods, leading to poor nutrition. In addition, excessive juice consumption is associated with tooth decay, a significant health concern for young children in Arizona.

### **Help Families Limit Fruit Juice Consumption:**

Some families may see introducing juice into the diet as a milestone. Fruit juice is readily accepted by most infants and children because it is sweet and tastes good and parents view it as something their child enjoys. For these reasons, excessive juice consumption is a challenge for many families. Encourage families to limit fruit juice and share the following:

#### **Fruit Juice and Tooth Decay**

We all have germs in our mouths. Sweet liquids like fruit juice feed the germs that cause tooth decay. When fruit juice is given in a bottle, and especially at bedtime, the fruit juice coats and bathes the teeth and continues to feed the bacteria that cause tooth decay.

#### **Filling Up on Fruit Juice**

Continuous access to juice in a cup with a spout (like a sippy cup) or bottle allows infants and children to drink large amounts of juice throughout the day. This provides calories and sugar, but is missing other important nutrients that keep infants and children healthy. Drinking juice throughout the day can also mean that children will be less hungry for healthier meals and snacks.

#### **When to Introduce a Cup**

Parents can introduce a cup around six months of age, when baby begins to sit unsupported and can transfer an object from one hand to another. This is usually the same time that complementary foods are introduced. Encourage parents and caregivers to introduce a cup with water, breast milk or formula to infants younger than 12 months old. There is no nutritional benefit to offering juice instead of water.

## Offer Families Suggestions to Limit Fruit Juice

- Do not offer fruit juice in a bottle or continuously throughout the day.
- Offer fruit juice only in a cup at meals and snacks.
- Use water to dilute juice and decrease the amount of juice given over time.
- Offer water in a colorful cup with a fun straw to make it more appealing.
- Allow infants to practice using an open cup with water instead of fruit juice.

**Below are the recommendations for introducing 100% fruit or vegetable juice:**

Age	Amount	Reasoning
0 - 5 months	None	Fruit juice or any liquid other than breast milk or infant formula offers no nutritional benefits to infants.
6 - 11 months	None/minimal amounts	Fruit juice offers no nutritional benefit at this age, but may be given in minimal amounts in a cup. Fruit juice or other sweetened liquids should not be given in a bottle.
12 months - 6 years	No more than 4 - 6 ounces per day	Fruit juice should be limited to 4-6 ounces per day. Fruit juice should only be given in a cup at meal or snack times.

