



WV WIC Program

# Juice



## HOW MUCH IS TOO MUCH?

Juice tastes great and is fun to drink. It is a good source of Vitamin C. **BUT**, juice contains a lot of sugar and calories. That is why it's not good to drink too much.



### TOO MUCH JUICE CAN CAUSE:

weight gain

poor appetite

cramps and gas

tooth decay

Infants do not need juice. For infants older than 6 months offer mashed or pureed fruit. Children, 1 year and older only need 4-6 ounces each day. Women should only drink 4-8 ounces.

*Juice is part of a healthy diet...just don't drink too much!*

# Tips for drinking the right amount of juice...

1. Eat more fruit
2. Drink water between meals
3. Drink juice with a meal
4. Put juice in a cup without a lid for children
5. Mix juice with water
6. Make drinking water fun by adding fruit slices, ice, or using a special cup



Juice can cause tooth decay because it contains natural sugar from fruit. It is not a good idea to let your child continually sip on a cup of juice because the sugar in the juice will continually be on their teeth. Offer juice with a meal and then take the cup away when the meal is finished. This will help to prevent tooth decay.



## Symphony of Fruit Pizza

- 1 English muffin
- 2 Tablespoons whipped fat-free strawberry cream cheese
- 1/2 cup strawberries, sliced
- 1/4 cup red grapes, quartered
- 1/4 cup mandarin oranges, drained

**Instructions:** Toast the English muffin until golden brown. Spread cream cheese on toasted bun. Add fruit on top of the cream cheese. Slice into quarters. **Serves 1.**



### References:

- [Fruitsandveggiesmorematters.org](http://Fruitsandveggiesmorematters.org)
- NY State Dept of Health