



Is Juice Good for My Child?

by Dassy Lemberger RDN

Kids love juice and what's not to love. Juice is packed with sugar and we have yet to meet a kid who will turn down sugar. Isn't juice made from fruit? Isn't fruit healthy? The actual fruit content in juice varies and yes fruit is healthy. Here is some information to clear up the confusion.

Cons of Juice:

- Juice is mostly empty calories. It has a lot of sugar and few nutrients. An apple has 4.4 grams of fiber, 1 serving of apple juice has 0.5gm fiber.
- It's better to eat your calories than drink them. Drinking too much will decrease your child's appetite for other more nutritious foods.
- According to the AAP, drinking too much juice can contribute to obesity, the development of cavities, diarrhea, and other gastrointestinal problems, such as excessive gas, bloating and abdominal pain.

What are the Recommendations for juice?

According to American Academy of Pediatrics the maximum intakes are:

Babies under 6 months of age should not have juice

6 months – 6 years old, 4-6oz/day (1/2-3/4 a cup)

Older than 6 years old, 8-12oz/day (1-1 1/2 cups)

If your child will eat fruit, there is no need to supplement the diet with juice.

| <u>Drink</u> | <u>Amount</u> | <u>Calories</u> | <u>Sugar</u> |
|-------------------------|----------------------|------------------------|---------------------|
| Water | 8oz | 0 | 0 |
| Low fat Milk | 8oz | 100 | 11 grams |
| 100% orange juice | 8oz | 110 | 22 grams |
| Juice drink (10% fruit) | 8oz | 150 | 38 Grams |

Which one would you choose for your child?



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