

DAILY JUICE



RECOMMENDATIONS

Fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients.

AGE:

RECOMMENDATION:

Younger than 12 months

Do not routinely give fruit juice to infants younger than 12 months since it offers no nutrition benefit at this age.*

1 to 3 years

Limit fruit juice to a maximum of 4 ounces per day (1/2 cup). Do not allow your child to carry a cup or box of juice throughout the day.

4 to 6 years

Limit fruit juice to a maximum of 4 to 6 ounces per day (1/2 cup to 3/4 cup). Do not allow your child to carry a cup or box of juice throughout the day.

7 to 18 years

Limit juice to 8 ounces per day (1 cup).



*The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for about 6 months. When you add solid foods to your baby's diet, continue breastfeeding until at least 12 months. You can continue to breastfeed after 12 months if you and your baby desire. Check with your child's doctor about the recommendations for vitamin D and iron supplements during the first year.

Policy Statement: Heyman MB, Abrams SA, and the AAP Section on Gastroenterology, Hepatology, and Nutrition and Committee on Nutrition, Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. *Pediatrics*. 2017; 139(6) e20160967

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