

# Juice: A Little Goes a Long Way

## How Much is Too Much?

*Juice is fun to drink. It tastes great, that's why it's easy to drink too much.*

*Juice has Vitamin C, but it also has lots of calories and sugar. That's why it's not good to drink too much.*



Adapted from New York State WIC Program

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## *Choose 100% Fruit Juice*

### Too Much Juice Can Cause:

- Weight gain
- Cramps, gas and diarrhea
- Tooth decay
- Poor appetite for healthier foods

### So, what is the Right Amount of Juice?

- Infants
  - None for infants under 6 months old
  - Mashed or pureed fruit instead of juice for infants 6 to 12 months old
- Children 1 to 6 years old
  - 4 to 6 ounces each day
- Older children and adults
  - 4 to 8 ounces each day

### Tips to Help You and Your Child Drink the Right Amount of Juice:

- Choose fruit instead of juice.
- Drink water between meals.
- Save juice for a meal or snack.
- Put juice in a cup without a lid.
- Dilute juice with water.
- Make drinking water fun by adding fruit slices, ice or using a special cup or straw.

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