

Limit 100% Fruit Juice



100% fruit juice is a popular drink with kids and teens, but most people drink more than they should. Drinking fruit juice instead of healthier drinks like water and milk can lead to poor health. The best way to get the nutrients from fruit into your diet is to eat the actual fruit instead! Your family can have a healthy and balanced diet without drinking 100% fruit juice.

How much 100% fruit juice should we drink, if we choose to drink juice?

- For children 1 - 6 years old: 4 - 6 ounces each day.
- For children 7 - 18 years old, and for adults: 8 - 12 ounces each day.

100% fruit juice, smoothies and fruit drinks: what's the difference?

Fruit smoothies are popular with kids and grown-ups alike. Smoothies that are made with 100% fruit and no added sugar can be counted the same way you would count 100% fruit juice. Smoothies with added sugar should be considered a sweetened beverage. Drinks such as Hugs®, Hi-C®, Hawaiian Punch®, Capri Sun® and lemonade should also be counted as sweetened beverages. They may have some fruit juice in them, but they are not healthier choices because they have added sugar. Regular soda and sports drinks also count as sweetened beverages, and should be consumed in limited amounts.

What should we choose instead of fruit juice?

Here are some alternatives to drinking 100% fruit juice.

- Water
- Low-fat or skim milk (children under 2 years of age should drink whole milk)
- Low-fat soy milk
- Sparkling water (you can even add a splash of 100% fruit juice to create a refreshing drink)
- Sugar-free flavored water (like Fruit2O)
- Diet sodas and diet iced teas (choose caffeine-free versions whenever possible)
- Whole fruit! Eat your fruit instead of drinking it!

Limiting fruit juice is a healthy choice for you and your family. Making a change to your habits doesn't have to be drastic. Start with a small goal and build on it to make it last!

How Can We Limit 100% Fruit Juice?



Limiting 100% fruit juice can help improve your family's health, but it can be hard to change your eating habits! Here are some tips to help get you started.

- Each family member should track how much fruit juice he or she drinks each day.
- Set a goal for yourself. Make sure it's reasonable and achievable. For example, if you drink fruit juice with every meal, set a goal to only drink it with breakfast.
- Get the whole family involved in some friendly competition. Supporting each other's efforts will make it easier for everyone to do well.
- Use the diary in this packet to record your goal and track your progress. Make copies of the diary before you start so you'll have one for every week.

Making it easier to avoid fruit juice

These ideas will help you stay focused and achieve your goals. The easier it is for you to make good choices, the easier it will be to limit fruit juice!

- Get started by making a family favorites list. What are your favorite healthy drinks and which new ones do you want to try?
- Make a plan before you go grocery shopping. Add healthy drinks to your shopping list.
- Keep a jug of cold water in the refrigerator. Add some zest to water by adding slices of lemon, lime, cucumber or watermelon!
- Keep healthier drinks on hand.
- Take your own healthy drinks to work or school. For a quick and easy drink, carry a water bottle and refill it throughout the day.
- When choosing drinks away from home, look for water fountains and vending machines with healthy choices.

Track your progress and reward your family for a job well done!

To start limiting fruit juice, set your goal and go for it! Write your goal on the contract and use the diary to track your progress. Don't get discouraged if you don't meet your goal every day. Each day is a fresh start! Remember to reward yourself and your family for your efforts. Take a walk, play a game, read a book together. Celebrate your efforts and your success!