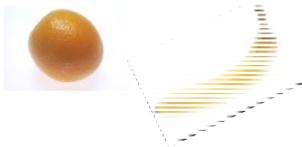




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# Food Wise



## Juice Boost - Eat More Veggies and Fruits

There are so many drink choices that you see each day that it may be hard to always choose the most healthy drink. There is 100% juice, juice drinks, juice ades, juice cocktails and others.

You can find calcium in orange juice and vitamin C added to almost every fruit drink, fruit cocktail or fruit ade. A drink with vitamins or minerals added is called fortified drinks but these drinks can have a lot of added sugar and not much real juice.

### Too Much of A Good Thing

Juice can be a healthy drink choice for toddlers and children, but studies have shown that juice, even 100% juice, can be too much of a good thing.

Food labels can be the key to finding the real facts about juice. In this issue of *Food Wise* you will learn how to read drink labels, and learn to choose healthy drinks. These are the tools that will help you find out what the things on those labels really mean.

Children who drink too much juice may not be getting other foods. If they drink a lot of juice each day children can fill up on juice and not eat the foods they need to grow healthy and strong.

Children 7-12 months should have no more than 4 ozs of juice a day. Children 13 months to 6 years should have no more than 6 ozs of juice a day. From 7 years on it is best to limit juice to 8-12 ozs per day. With young children, you can add water to the juice to dilute it. You can also offer them a healthy snack or glass of milk instead.

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### Food Wise Eating More

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### Did You Know?

Feeding toddlers juice from the bottle may cause baby bottle tooth decay. This can cause a child's teeth to rot and turn black.

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### A Closer Look

Drinking more than 1 ½ cups of juice each day has been linked to obesity, diarrhea, and stomach pain.



Juice drinks do not have fiber and only **some** 100% juices do. Fiber in juice can be an added bonus. Read the label to find out if your juice has fiber.

Look here for more vitamins and minerals.



100% Orange Juice Nutrition Facts		
Serving Size: 8 fl. oz. Servings Per Container: About 6		
Amount Per Serving		
<b>Calories</b>	120	Calories from Fat 0
% Daily Value *		
<b>Total Fat</b>	0g	0%
<b>Sodium</b>	0mg	0%
<b>Potassium</b>	420mg	12%
<b>Total Carbohydrate</b>	29g	10%
Dietary Fiber	2g	
Sugars	28g	
<b>Protein</b>	1g	
Vitamin C	150%	Calcium 2%
Thiamin	10%	Folate 10%
Phosphorus	2%	Magnesium 6%
<b>Ingredients:</b> Water, Concentrated		

Look here for the amount of juice in drink.



Grams of natural **and** added sugar.



Look here to see if there is added sugar.

### Food Label Facts

- ❖ Added sugar on juice labels can include corn syrup.
- ❖ The percent juice may be on any part of the label. Be sure to look for it on the front and back of the label.

**Ascorbic Acid:** A fancy word for vitamin C. It is often added to juice and may be found in the ingredients list.

**100% Juice From Concentrate:** that has had water taken out then put back in. This is just as good as any other 100% juice.

**Fortified:** The addition of one or more vitamins or minerals to a food.

### Juicy Trivia



#### True or False:

1. Drinking milk is the only way to get calcium.
2. Cranberry juice can help prevent urinary tract infections.
3. All 100% juices have the same amount of vitamins and minerals.
4. A 6 ounce glass of juice equals one serving of fruit.
5. Drinking a 6 ounce glass of 100% juice each day counts towards the fruits and veggies you should have each day.



## Got Juice?

Look through your fridge, freezer, and cabinets. Take out some of the juices and juice drinks you have. Then fill in the chart below. If you have frozen drinks, read their labels first then put them back in the freezer. If you need more lines, use another sheet of paper.

**My Juicy Chart**

Juice Item	% Juice	Sugar (grams)	Vitamin C	Other Vitamins
Example: 1. Orange Juice	100% Orange Juice	24 grams	100% Daily Value	Thiamin 8% of Daily Value
2.				
3.				
4.				
5.				

## Juicy Trivia

### Answers

- False**—A great way to get more calcium is to drink orange juice fortified with calcium.
- True**—Studies have shown that drinking 10 ounces of cranberry juice is a great way to prevent urinary tract infections.
- False**—Not all juice is the same. Reading the food label is the best way to find out how many vitamins and minerals are in the juice.
- And 5. **True**—A 6 ounce glass of 100% juice is a good way to get your what you need which for most people is 2 ½ to 3 cups of veggies and 1 ½ to 2 cups of fruit



## The Juicy Change

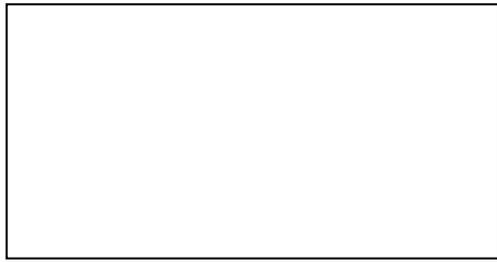
Look at the chart and ask yourself:

- Do I have any 100% juice drinks?
- Do the drinks have added sugar?
- Do the juice drinks have as many vitamins and minerals as the 100% juice?

Now that you know about the many types of fruit drinks and fruit juices you can make healthy juice choices!

The next time you go to the market keep this chart in mind.

**Remember to look for 100% juices and fortified juice drinks high in vitamins and minerals.**



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## Smoothie—A Kids Can Help Recipe

### Design Your Own Smoothie Serves 2

Try a different one every day.

This recipe is in 2 parts, so that a child can help you make it if you choose.

- 2 cups fruit, any kind
- 1 ½ cups of 100% juice
- 1 ½ cups of ice cubes
- 1 tablespoon vanilla or imitation vanilla (optional)
- 1-2 cups non-fat frozen yogurt

#### Adult and Child:

Wash hands with soap and warm water.

**Child:** Pick a juice you like a lot.

**Child:** Measure out 2 cups of fruit and 1 ½ cups of juice.

**Child and Adult:** In a blender combine juice, fruit, frozen yogurt, vanilla, and ice.

**Adult:** Turn on blender and mix until smooth.

#### Smoothie Ideas

- 100% orange juice, bananas, and strawberries
- 100% pineapple juice apples, and coconut
- 100% pineapple juice and bananas
- 100% orange juice, bananas, and 1 cup of peaches