

Juice Boost

**Drink fruit juice for good taste and health.
Just don't drink too much!**

Read food labels to make sure you are getting 100% juice.

Do not buy:

- **Fruit Drinks**
- **Fruit Ades**
- **Fruit Cocktails**
- **Fruit Punches**



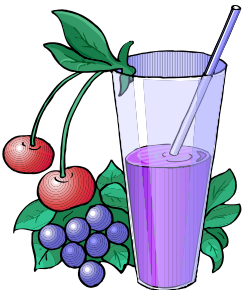
These drinks have a lot of added water and sugar. They are not 100% juice. The label for these drinks will tell you how much juice is in the drink. Like 10% or 20% fruit juice.

Choose fruit juices with these words on the label:

- **100% juice** has no added sugar
- **100% juice from concentrate** is just as good as 100% juice
- **100% Vitamin C** means you can get all the vitamin C you need for the day
- **No sugar added** means the juice has no extra sugar
- **Fortified** means vitamins and minerals have been added
- **Good source of calcium** means it has a lot of calcium

How much juice?

- A young child up to 6 years should not drink more than ½ cup of fruit juice each day.
- Kids and teens 6 to 18 years should not drink more than 1 cup of fruit juice each day.
- Adults should go easy on the juice! Adults should get most of their 1 ½ to 2 cups of fruit per day from whole fruit.



FK=3;1/13/09



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NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

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