

# 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**



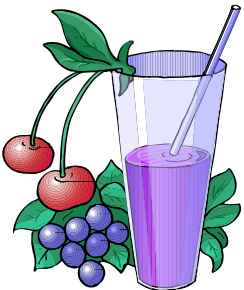
These drinks have a lot of added water and sugar. They are not 100% juice. The label for these drinks will tell you how much juice is in the drink. Like 10% or 20% fruit juice.

**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.



**RUTGERS**  
New Jersey Agricultural  
Experiment Station



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