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 these if you are looking for healthy juices for your kids:

- **Fruit Drinks**
- **Fruitades**
- **Fruit Punches**

These drinks have a lot of added water and sugar. They are not 100% juice. Sometimes they do contain some juice. If you buy them as a special treat, check the label to see how much juice is in them. They may or may not have less sugar than soda. If you buy these drinks, add a little water so they have less sugar per serving.

Even 100% fruit juice is loaded with calories. Too much is not good!

- Children under 6 months should not have any juice or sweet drinks.
- A child from 6 months 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 then 1 cup of fruit juice each day.
- Adults should go easy on the juice! Adults should get most of their 1½ to 2 cups of fruit per day from whole fruit.

Choose fruit juices with these words on the label:

- **<u>100% juice</u>** - These have no added sugars.
- **<u>100% juice from concentrate</u>** - These are just as good as 100% juices.
- **<u>100% Vitamin C</u>** - These have all the vitamin C you need for the day.
- **<u>No sugar added</u>** - These have no added sugars.
- **<u>Fortified</u>** - These have extra vitamins and minerals added to them.
- **<u>Good or Excellent source of calcium</u>** - These have a lot of added calcium. They're even better if they have vitamin D in them too! Vitamin D helps your body use calcium better.

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