

# Limit Your Child's Juice Consumption

## Sugar in Popular Fruit Juice/Drinks

Company	Product	% Fruit Juice	* Sugar % of DV	Added Sugar
Libby	Juicy Juice	100	8	no
Motts	100% Apple Juice	100	10	no
Welch's	100% Grape Juice	100	13	no
Tropicana	Twister	10	10	yes
Sunny Delight Beverage Co.	Sunny D	5	13	yes
Dr Pepper/ Seven Up, Inc.	Hawaiian Punch	5	9	yes
Kraft	Capri Sun- Fruit Punch	1	7	yes
Kraft	Kool-Aid Jammers	1	9	yes

\* 8 oz. serving; Percent of Daily Value based on 2,000 calorie diet.

**Have your child brush their teeth after eating & drinking to reduce decay.**

Sugary beverages include soda, non-100% fruit juice drinks, lemonade, sweetened iced tea, sports/energy drinks, and hot chocolate/coffee drinks. \*

**It is best to choose water, fat-free milk, and 1% milk** for children two years and older, or 100% fruit juice, if limited to ½ cup per day. \*

Sugary beverages *contain little nutritional value*, while drinks such as skim/fat-free milk and 100% juice are rich in vitamins, minerals, and other nutrients. \*

\* Source: Nemours Health and Prevention Services. 5-2-1-Almost None

