

Is Your Child Drinking Too Much Juice? – Summer 2006

Did you know that over consumption of juice can contribute to childhood obesity? A recent study found that young children that consume more than 12 ounces of juice per day were more overweight than other children. While juice can be a refreshing drink, the American Academy of Pediatrics recommends that parents follow these guidelines when offering juice to children:

- Juice should not be offered to infants under 6 months old.
- Children under 6 years old should not drink more than 4 - 6 ounces of juice per day.
- Older children should drink no more than 8 - 12 ounces of juice per day.
- Parents should read labels to be sure that juices are 100% juice and that they have been pasteurized.
- Calcium fortified juices offer additional nutritional value.

What should thirsty children drink on a hot summer day? **Water** is still the preferred drink of choice. Every system in your child's body depends on water. Water is needed for hydration, to flush toxins out of vital organs and carry nutrients to cells. Rather than offering children juice, or other sweetened beverages, help your child build a lifelong healthy habit to choose water instead!