

# Nutrition Facts

## Fruit Juice

Most children love 100% fruit juice. While juice is slightly more nutritious than sweetened fruit drinks and pop, it is just as **high in sugar**. Your child could be drinking more 100% fruit juice than is recommended. Here is the recommendation for all children:



Limit juice to one serving 125 mL (4 oz.) or (1/2 cup) of 100% unsweetened juice per day.

### Concerns about Drinking Too Much Juice

Did you know that kids drink more fruit juice, fruit drinks and pop than any other beverage? This can be a big problem! These sweet drinks are replacing water and milk. Milk is a source of calcium and vitamin D and other important nutrients, which help children have strong, healthy bones and teeth.

Too much fruit juice can be filling and not leave room for other healthy foods. It can also cause cavities, diarrhea and provide extra energy that could lead to weight gain. “Juicing” or making homemade juice isn’t “healthier” because the fibre is removed.

**It’s better to eat your fruit than drink it! Whole fruit provides the benefit of fibre.**

Offer:	Avoid:
<ul style="list-style-type: none"><li>✓ Water instead of juice when your child is thirsty.</li><li>✓ Milk at meals and snacks.</li><li>✓ Whole fruits instead of juice.</li><li>✓ Serve juice with a meal or a snack but limit 100% fruit juice to one serving of 125 ml (4 oz.) or (½ cup) per day.</li><li>✓ Serve juice (and others fluids) in an open cup.</li></ul>	<ul style="list-style-type: none"><li>× Juice for infants under 6 months of age.</li><li>× Sweetened beverages like sport drinks, energy drinks, punch, pop, fruit cocktails and fruit drinks.</li><li>× Coffee, iced tea and herbal tea.</li><li>× Large servings of juice and making juice available all day long.</li><li>× Juice offered in a baby bottle or sippy cup.</li></ul>

## Making Sense of all the “Juice” Choices

Avoid products called a **fruit juice cocktail**, a **beverage**, a **drink**, a **nectar** or a **punch**. They are made with very little or no real fruit juice, are high in sugar and contain very few nutrients.

Choose juices that show the following words on the product package: “**100% Unsweetened Fruit Juice**” and “**100% Pure Fruit Juice**”, “**No Sugar Added**”

Just because a product has a fruity name OR pictures of fruit or fruit characters on the label doesn't always mean that the drink is made from real fruit!

**Read the ingredients list.**



## Read the Nutrition Facts Table and Ingredient List

Take a look at the serving size.  
Some products can be misleading. The serving size doesn't always match the amount in the container that you will drink.

For “no added sugar” juices, sugar may still be listed on the Nutrition Facts. This is because 100% fruit juice naturally contains sugar from fruit. **Read the ingredients list.**

When words like **sugar** or **glucose** are the first ingredients listed... it is likely not the best choice!  
Other ingredients to watch for: honey, raw sugar, cane sugar, cane juice, corn syrup, dextrose, sucrose, fructose.

### Nutrition Facts Valeur nutritive

Per 1 package (200 mL)  
pour 1 emballage (200 mL)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 90	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
<b>Sodium / Sodium</b> 15 mg	<b>1 %</b>
<b>Potassium / Potassium</b> 200 mg	<b>6 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
<b>Sugars / Sucres</b> 21 g	
<b>Protein / Protéines</b> 0.3 g	
<b>Vitamin C / Vitamine C</b>	<b>120 %</b>

Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, calcium or iron.

Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, calcium et fer.

Ingredients: Apple juice from concentrate (filtered water, concentrated apple juice), vitamin C.