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Eat fruit. Don't drink it, AAP says

by Trisha Koriath, Staff Writer

The label on the bottle promises five servings of fruit in just one glass, but offering your child juice might not be the sweetest idea. Kids should eat their fruit, not drink it, says the American Academy of Pediatrics (AAP).

Fruit juice is popular among children of all ages. Packaged in single serve boxes and pouches, it is a convenient drink to serve thirsty children. But parents should consider skipping it and look at the benefits of whole fruit instead.

Whole fruit offers fiber and other nutrients. Fruit juice, however, can lead to cavities and weight gain or loss, the AAP says. Juice also can cause diarrhea when toddlers drink too much of it.

The AAP advises parents not to give babies under age 1 any juice unless their doctor recommends it. Juice should be limited for older children, too. See the chart for the maximum daily servings by age.

The AAP recommends:

- Mothers should breastfeed babies exclusively until 6 months of age and continue for a year or longer.
- Do not offer juice in a bottle or sippy cup. Toddlers and children should not carry cups or boxes of juice throughout the day.
- Buy products labeled as containing "100% juice." Drinks that are not 100% juice often include "drink," "beverage" or "cocktail" on the label. They often have added sugar and other ingredients.
- Serve juice that has been pasteurized. Unpasteurized juice can contain germs that put infants and children at risk of getting sick.

For more information, visit <http://bit.ly/2paCnVS>.



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AMERICAN ACADEMY OF PEDIATRICS

DAILY JUICE RECOMMENDATIONS



Fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients.

Age:	Recommendation:
Younger than 12 months	Do not routinely give fruit juice to infants younger than 12 months since it offers no nutrition benefit at this age.*
1 to 3 years	Limit fruit juice to a maximum of 4 ounces per day (½ cup). Do not allow your child to carry a cup or box of juice throughout the day.
4 to 6 years	Limit fruit juice to a maximum of 4 to 6 ounces per day (½ cup to ¾ cup). Do not allow your child to carry a cup or box of juice throughout the day.
7 to 18 years	Limit juice to 8 ounces per day (1 cup).

*The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for about 6 months. When you add solid foods to your baby's diet, continue breastfeeding until at least 12 months. You can continue to breastfeed after 12 months if you and your baby desire. Check with your child's doctor about the recommendations for vitamin D and iron supplements during the first year.



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Policy Statement: Heyman MB, Abrams SA, and the AAP Section on Gastroenterology, Hepatology, and Nutrition and Committee on Nutrition. Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. *Pediatrics*. 2017;139(5):e20160967

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