

WATER

& 100% Juice



Give Your Kids the Best!

Water keeps kids hydrated best.

Replacing sweetened drinks, including 100% juice, with water is healthy and free.

Serving nutritious drinks to children promotes a healthy weight and a healthy lifestyle.

Modeling healthy eating and drinking encourages children to be healthy. Avoid drinking sugary drinks, including large amounts of juice, in front of children.

Serving fresh fruit instead of fruit juice is best, because it is high in dietary fiber and is a natural source of energy.

Help protect the health of children you care for by not serving sugary drinks at all and limiting the amount of 100% juice provided.

Juice and fruit nectar are high in sugar and have fewer nutrients than fresh fruit.

Drinking too much juice may be associated with obesity, malnutrition, diarrhea & bloating.

Unpasteurized fruit juice may contain germs that can make kids sick.

Water DOs & DON'Ts

- ✓ **DO** serve tap water. Most U.S. tap water is safe. For concerns, check local EPA water reports.
- ✓ **DO** make water readily available indoors and out.
- ✓ **DO** make drinking water fun. Add fruit such as frozen berries, lemon, lime, or orange slices.
- ✓ **DO** take water jugs with you outside.
- ✓ **DO** keep water and cups out at child-level all day.
- ⊗ **DON'T** substitute water for milk at meals or snacks where milk is a required food component.
- ⊗ **DON'T** serve water to infants under the age of 1 year unless the parent/guardian has received clear instructions from their health care provider.
- ⊗ **DON'T** serve water from a bottle or sippy cup because of the increased risk of a nutritional imbalance.

Juice DOs & DON'Ts

- ✓ **DO** serve 100% fruit juice from a cup only. It's okay to dilute it with water.
- ✓ **DO** limit 100% juice:

Ages 7 - 12 **8 to 12 oz/day***

Ages 1 - 6 **4 to 6 oz/day***



- ⊗ **DON'T** serve 100% juice or fruit nectars to infants under the age of 1 year.
- ⊗ **DON'T** serve juice or fruit nectars continuously throughout the day.
- ⊗ **DON'T** serve juice from a bottle or sippy cup because of the increased risk of tooth decay.

***This amount includes juice served at home.**



WHAT ELSE CAN YOU DO?

Encourage Healthy Choices:

- Let children serve themselves: use small pitchers and single-use cups.
- Select a child to be the “water helper” for the day.
- Limit foods and drinks with added sugars or high amounts of natural sugars. (Added sugars come in many forms: high fructose corn syrup, brown rice syrup, evaporated cane juice, corn sweetener, dextrose, sucrose, etc.)
- Include healthy foods and drinks in your play kitchen.
- Talk to children about what foods and drinks you are serving and why.
- Stock the classroom with books that encourage healthy eating. (Check out this online [list!](#))



Check the Label

100% JUICE	
Nutrition Facts	
Serving Size 8 fl. oz. (24 mL)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 300mg	8%
Total Carbohydrate 22g	7%
Sugars 17g	
Protein 1g	
Calcium 2% • Iron 0% • Vitamin C 120%	
Vitamin A 4% • Thiamin 6% • Folate 6%	
Magnesium 6% • Vitamin B6 4%	
Riboflavin 2% • Niacin 2%	
Percent Daily Values are based on a 2,000 calorie diet. <u>Not a significant source of saturated fat, cholesterol or dietary fiber.</u>	
Ingredients: Organic grapefruit juice	

Partner with Caregivers/Teachers and Parents/Guardians:

- Share information about the impact of sugary drinks on children’s health.
- Encourage everyone to model drinking water and eating fresh fruits and vegetables.
- Partner with a child care health consultant, dietitian, local chef or parent/guardian with a background in health or nutrition to help you identify ways to promote healthy eating.
- Share what you are doing to increase water and fruit consumption. (Discuss how your motivation is children’s health, not to cut costs.)
- Ask parents/guardians if they provide juice at home and how much, so you will know how much to serve.
- Ask for your parents’/guardians’ support in:
 - ✦ Providing low-fat, non-flavored milk (skim or 1% milk for children age two and older) or water in children’s lunches instead of sugary drinks;
 - ✦ Reducing juice consumption at home;
 - ✦ Providing healthy options for special occasions; and
 - ✦ Talking with their child about the importance of drinking water and eating fresh fruit and vegetables.

RESOURCES:

Child and Adult Care Food Program (CACFP)
<http://www.fns.usda.gov/cnd/Care/ChildCare.htm>

Let’s Move! Child Care
<http://healthykidshealthyfuture.org/welcome.html>

MyPlate: Health and Nutrition for Preschoolers (USDA)
<http://www.choosemyplate.gov/preschoolers.html>

Healthy Beverages in Child Care
<http://www.healthybeveragesinchildcare.org/resources/>

REFERENCE:

See **Standard 4.2.0.6: Availability of Drinking Water** and **Standard 4.2.0.7: 100% Fruit Juice**

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Also available at <http://nrckids.org>.

