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.

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.

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.
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

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