

Juice is not a substitute for whole fruit. Compare juice to the snack foods below and notice that juice has as much sugar as eating a half a cup of ice cream and three Oreo® cookies.

<i>Juice</i>	<i>Serving</i>	<i>Tsp. Sugar</i>	<i>Calories</i>	<i>Fat</i>
Tropicana Orange Juice®	8 oz or 1 cup	5 ½	110	None
Tree Top Apple Juice®	8 oz or 1 cup	6 ½	120	None
Seneca Grape Juice®	8 oz or 1 cup	8 ¾	160	None
Welch's Grape Juice®	8 oz or 1 cup	10	170	None
Coca-Cola Classic®	12 oz	9 ¾	140	None
7-Up®	12 oz	9 ¾	140	None
Oreo Cookies®	3	3 ¼	160	1 ¾ tsp
Breyers Chocolate Ice Cream®	½ cup	4	160	2 ¼ tsp
Gummy Bears®	21	5	140	None
Animal Crackers®	12	2	140	1 tsp

Why is fruit juice full of sugar?

- Sugar molecules love water molecules and follow them everywhere! So when you squeeze fruit, you get a glass of water and sugar. And a glass of juice is not the sugar of just one piece of fruit but several that were squeezed to make a full glass.
- Sugar is sugar...even if it comes from fruit.

So, would you, could you...

- Eat 4 or 5 pieces of whole fruit all at once?
- Drink a glass of water with 6-10 teaspoons of sugar in it?



If you are serving juice:

- Serve juice occasionally. Limit portion sizes to ½ - ¾ cup (per day). If children are still thirsty offer water.
- When buying juice, look for 100% fruit juice with vitamin C.

What can be served instead of juice?

- When children are thirsty offer water.
- Serve whole milk to children less than 2 years of age and lowfat/nonfat milk to children over 2. Calcium fortified soy/rice milk is a healthy alternative to milk.
- Many fruits and vegetables offer vitamin C as well as fiber: berries, mangoes, cantaloupe, oranges, kiwi, potatoes, asparagus, salsa, broccoli and many more.
- It is appropriate to serve water as long as you are serving it with a 2-component snack.

Water

- The Washington State Department of Health supports water being served as a beverage in licensed child care facilities.
- Water should be served in addition to the nutrition components and not as a replacement for a required item.
- Children need more water than adults do because a child's body has about 10% more water. This means when children lose body fluids they react more than adults do. Loss of 1 pound or 4% of body weight can cause:
 - Flushed skin, impatience, sudden mood changes, nausea and a slower pace
- A loss of an additional half-pound to 1 pound can cause:
 - Headaches, increased temperature, increased pulse and tingling in arms, hands and feet
- If a child's urine is very yellow or has a strong odor, they are probably not getting enough water.
- Teach children that liquids don't always have to be colored, flavored or sweetened. You can spice water up a bit by adding lemon, lime, and ice, using fancy glasses or having a tea party!



Think about using the same coffee filter everyday, never changing it. After a lifetime, that filter would be pretty dirty and very worn out! But if once in a while you rinsed the filter with clear water it would stay cleaner. Our kidneys are like a coffee filter that never changes. When we drink water our kidneys work better. Drinking water is just one more easy way to help our children stay healthy.

Water is good for teeth!



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