

# 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.

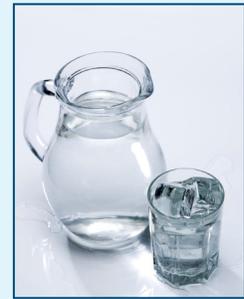
\*This amount includes juice served at home.



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

