

# Fruit Juice and Your Child's Diet

Children can easily drink a lot of juice because juice tastes good. However, too much juice in your child's diet can contribute to other problems, like poor nutrition, obesity, and tooth decay.

**Parents can continue to offer age-appropriate servings of juice in addition to offering whole fruits and other beverage options like water or low-fat milk.**



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Los niños pueden beber fácilmente una gran cantidad de jugo porque el jugo sabe bien. Sin embargo, demasiado jugo en la dieta de su hijo puede contribuir a otros problemas, como la mala nutrición, la obesidad y la caries dental.

**Los padres pueden continuar ofreciendo porciones de jugo apropiadas para su edad, además de ofrecer frutas enteras y otras opciones de bebidas como agua o leche baja en grasa.**

**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.



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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