

HEALTHY HABITS

FOR FAMILIES



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PARRISH
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The Truth About Juice

Parent Tip Sheet #8



MYTH: *The label says it's nutritional AND no added sugar! It must be a good choice.*

FALSE!

- When broken down per ounce, some juice drinks contain almost exactly the same amount of sugar and calories as soda. Even when they contain phrases like “100% juice” or “no added sugar” on the label!
- Although juice brands such as Naked (pictured above) contain nutrients, it would be beneficial to seek alternative ways of getting those “good for you” ingredients without the sugar.
- 1 out of 5 children drink 3 or more sugar-sweetened beverages per day, accounting for an extra meal in calories!

Healthy Alternatives

Water is a great alternative because it hydrates without calories while getting children used to a low flavor and low sugar drink.

Add lemon or lime juice to water to add flavor.

Calcium is essential to a child's healthy development. Serving skim or low fat milk will give your child 300 mg of calcium per cup, adding to their daily calcium intake.



GOAL: Replace sugary juice at breakfast with a cup of skim or low fat milk.

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