

Fruit Juice Please!

In addition to water and milk, another healthful beverage your child should drink is **100% fruit juice**. Kids love its naturally sweet taste, and there's such a wide variety of fruit juices to choose from, such as apple juice, orange juice, and pineapple juice. 100% fruit juice offers many of the same nutrients as its fruit counterpart (with the exception of fiber), and counts as a serving from the Fruit Group in the Food Guide Pyramid. Unless the label says otherwise, all the sugar in 100% fruit juice comes from the fruit itself. Healthcare professionals agree that 100% fruit juice, which has natural sugars, is better for a child than a fruit drink with added sugar. Listed below are some of the key nutrients many 100% fruit juices provide:

CARBOHYDRATE - your child's main energy source

VITAMINS AND MINERALS - essential for growth and development and a variety of functions that the body performs every day.



PHYTONUTRIENTS
- these are newly discovered food components that occur naturally in plant foods and may provide important health benefits similar to the antioxidants we hear so much about.