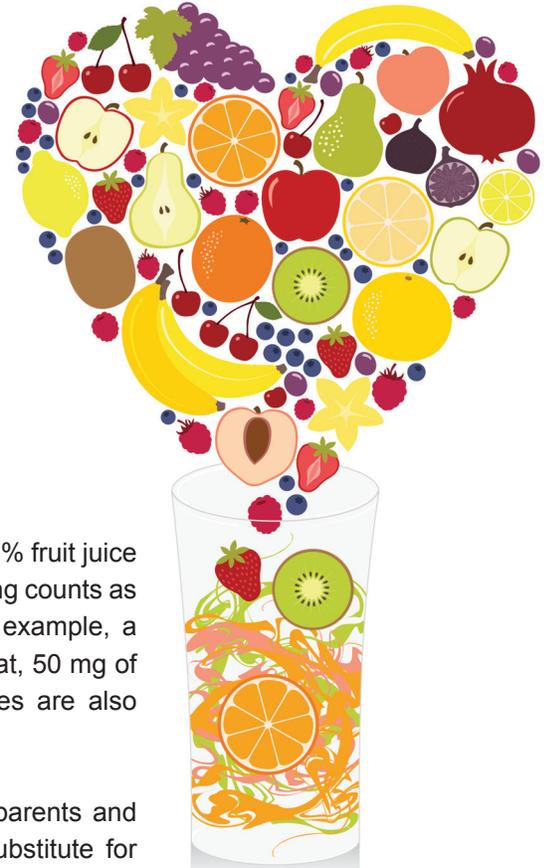# DANNON INSTITUTE®
Nutrition for Health

USA

Is fruit juice a healthy beverage for kids? Isn't it full of sugar?

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MINUTE PAPER

Fruit juice is getting a bad rap these days. Products that offer 100% fruit juice are healthy beverage options for kids and adults. A 4-ounce serving counts as a fruit serving and provides about 10 calories per ounce. For example, a 4-ounce serving of 100% orange juice provides 55 calories, no fat, 50 mg of vitamin C and other B vitamins and minerals. Some fruit juices are also fortified with calcium and vitamin D.

Fruit juice came under criticism when it was found that some parents and caregivers were feeding kids fruit juice all day, almost as a substitute for water. Over-consumption can lead to an excess of calories, so, as in most things nutritional, moderation is key!

So, don't be afraid to serve your students 100% fruit juice. They will be getting a nutrient-rich beverage that can be part of a balanced diet. However, do encourage your students to drink water as their primary, thirst-quenching beverage of choice!

The Institute of Medicine recommends that the serving size of 100% fruit juice for students in elementary and middle schools is 4 ounces, while the serving size for high school students is up to 8 ounces.

Dr. Lytle is an expert in community-level approaches for preventing childhood obesity. She has been conducting and evaluating programs in schools for more than twenty years.

Got a "minute"
for some important ideas about wellness?!