



Fruit Juice – Choose 100% fruit juice; Use in small amounts

Choose fruit juices that are 100% fruit juice and contain no added sugars or sweeteners. Fruit juice should be pasteurized. Choose fruit juices that are naturally high in vitamin C or fortified with vitamin C. Whole or cut-up fruits are good sources of dietary fiber; fruit juices contain little or no fiber.

Though unsweetened juices can be healthy choices, small children with small tummies fill up quickly on this liquid. Offer children a small amount in a cup at meal time or at snack time, rather than allowing them to drink juice throughout the day or to drink it in a bottle. Give teeth a rest by offering water as a beverage between meals/snacks.

(The American Academy of Pediatrics says children should drink only a small amount of juice daily—see **Nutrition Tips** at the bottom of page.)

If you plan to use cranberry juice or cranberry juice concentrate, be aware that sugars or sweeteners have probably been added. Check the ingredients listed on the label to be sure.

Fast, Easy and Healthy Ways to Use Fruit Juice:

Blend with fruit, yogurt and ice to make a fruit smoothie. The combinations are endless!

Fruit juices add flavor to salad dressings and sauces.

Freeze fruit juices for yummy fruitsicles!

Food Safety Tips

Store unopened cans in a cool, dry place off the floor.

Before opening the can, wash the top of the can under running water and wipe with a clean towel. (Wash the *can opener* after every use. If you have an electric can opener, unplug it and carefully wipe off the blade with a clean cloth and hot soapy water. Bacteria can grow and cause food-borne illness.)

Store leftover juice in a covered container and refrigerate. Use within 5-7 days.

Nutrition Tips

The American Academy of Pediatrics recommends the following:

For children ages 1 to 6, intake of fruit juice should be limited to 4 to 6 ounces *per day*.

For children ages 7 to 18, juice intake should be between 8 and 12 ounces *per day*.

(*The American Academy of Pediatrics, Revised Policy Statement, May 2001*)

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Yummy Fruitsicle

Makes 4 frozen treats

Ingredients:

1 cup orange juice
1 cup apple juice

Directions:

1. Combine juices and divide mixture into 4 paper cups
2. Cover with foil
3. Insert a popsicle stick in each
4. Freeze

Very Berry Blast

Makes 3 servings

Ingredients:

1 cup low fat milk
1 container (6 ounce) low fat berry yogurt
1 cup apple juice

Directions:

1. Use a quart jar or container with a tight fitting lid. Pour milk into jar
2. Add yogurt and apple juice
3. Cover jar and shake until all ingredients are smooth

Apple Vinaigrette Salad Dressing

Makes 6 2 tablespoon servings

Ingredients:

¼ cup apple juice
¼ cup oil
3 tablespoons vinegar
2 tablespoons lemon juice
1 tablespoon sugar
Paprika, salt and pepper (optional)

Directions:

1. Combine apple juice, oil, vinegar, lemon juice, sugar, and spices (if desired) in a covered jar. Shake to mix well.
2. Serve over fresh greens or pasta salad

Mighty Milk

Makes 6 1 Cup servings

Ingredients:

8 Ice cubes
2 cups low fat milk
2 bananas
½ cup orange juice

Directions:

1. Put all ingredients in a blender
2. Cover and blend for about 20 seconds.
3. Serve in a frosty glass