American Academy of Pediatrics Policy Statement – Excerpts

Fruit Juice in Infants, Children, and Adolescents: Current Recommendations

Information

- Fruit juice offers no nutritional benefits over whole fruit for infants and children and has no essential role in the healthy, balanced diets of children.
- 100% fresh or reconstituted fruit juice can be a healthy part of the diet of children older than 1 year when consumed AS PART OF a well-balanced diet.
- Fruit DRINKS (Capri Sun, Hawaiian Punch, etc.) are NOT nutritionally equal to fruit juice.
- Juice is NOT appropriate in the treatment of dehydration or the management of diarrhea.
- Drinking excessive juice may be associated with malnutrition (poor or excess nutrition).
- Drinking excessive juice is associated with diarrhea, gas, bloating, and TOOTH DECAY.
- Some juices provide a source of calcium and often vitamin D but lack other nutrients present in human milk, infant formula, or cow's milk.

Recommendations

- Juice should NOT be introduced into the diet of infants before 12 months of age.
- Juice should be limited to, at most, 4 ounces per day in toddlers 1 through 3 years of age.
- Juice should be limited to, at most, 4 to 6 ounces per day for children 4 through 6 years of age.
- Juice should be limited to 8 ounces per day for children 7 to 18 years of age.
- Toddlers should NOT be given juice from bottles or covered cups ("sippy cups") that allow them to drink juice easily throughout the day.
- Infants and toddlers should NOT be given juice at bedtime.
- Children should be encouraged to eat whole fruit to meet their recommended daily fruit intake.
- To get enough fluids, families should be educated that human milk and/or infant formula are enough for infants. Low-fat, or nonfat milk, and water are enough for older children.
- Drinking unpasteurized juice products should be strongly discouraged in infants, children, and adolescents.

Excerpts taken and simplified from:
Heyman MB, Abrams SA, AAP SECTION ON GASTROENTEROLOGY, HEPATOLOGY, AND NUTRITION, AAP COMMITTEE ON NUTRITION. Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. ***Pediatrics.*** **2017**;139(6):e20170967

http://pediatrics.aappublications.org/content/pediatrics/early/2017/05/18/peds.2017-0967.full.pdf