

No More Than 4-6 Ounces of 100% Juice

SNAP-Ed Standard:

- ✓ Decrease Juice intake
- ✓ Increase Water and Whole Fruit

Goals:

- ✓ Participant will express interest in limiting the amount of 100% juice their child has.
- ✓ Parent will be aware that kids should not have a lot of juice during the day.

Objectives:

- ✓ Participant will be able to identify that pre-school aged children should not have more than 4-6 ounces of 100% juice per day.
- ✓ Participant will be able to pour 4-6 ounces of juice into large cup.
- ✓ Participant will recognize that whole fruit and water are best.

Introduction:

The amount of food offered to a person influences how much he or she eats; and, in general, more calories are consumed when a large portion is served rather than a small one. One longitudinal study among children reported a positive relationship between portion size and body weight. Several other observational studies have reported that an increase in portion size coincides with the rise in obesity in the United States over the past decades. This is important to remember because if we give a child too much to drink or eat at one time, they are likely to eat more or drink more than what their body actually needs at that moment.

Activity:

Objective: The student will ask the parent whether or not they believe that they can pour the recommended daily serving of juice for their child into the 8 ounce sized tumbler.

- ✓ The student will then ask the parent to pour the amount of juice that they believe a child should drink from a large juice bottle into the provided 8 oz. cup.
- ✓ Once the parent finishes pouring the juice, the student will inform the parent that doctors recommend that preschoolers drink no more than 4 to 6 oz. of juice per day.
- ✓ The student will pour the juice from the 8 oz cup into the measuring cup and point out how much juice the parent actually poured.

The student should stress that is the total amount of juice that a child should consume in a day. Remember the guide that a 4 year old could drink about 4 ounces per day, a 5 year old could drink 5 ounces per day and a 6 year old could drink 6 ounces per day. 9. The student will then hand the parent a giveaway and the parent handout and thank the parent for his/her time.

Materials:

- ✓ Display Board
- ✓ Table Cloth
- ✓ Table
- ✓ Lesson Plan
- ✓ Handout
- ✓ Fruit juice (64 oz.), 1 bottle
- ✓ 8-ounce tumbler, 2
- ✓ Funnel, 1
- ✓ Measuring cup, 1
- ✓ Incentives

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Talking Points:

- ✓ Remember that children should only consume 4 oz. of juice per day. If you are unsure how much 4 oz. of juice is, use the measuring glass to measure out 4 oz. of juice!
- ✓ Infants should not be given juice from bottles or easily transportable covered cups that allow them to consume juice easily throughout the day.
- ✓ Infants should not be given juice at bedtime.
- ✓ Intake of fruit juice should be limited to 4 to 6 oz/d for children 1 to 6 years old
- ✓ For children 7 to 18 years old, juice intake should be limited to 8 to 12 oz or 2 servings per day.
- ✓ Children should be encouraged to eat whole fruits to meet their recommended daily fruit intake.
- ✓ Infants, children, and adolescents should not consume unpasteurized juice.
- ✓ Parents should be advised of the difference between juice drinks and 100% fruit juice

Conclusions:

- ✓ Preschool aged kids should not have more than 4–6 ounces of 100% juice per day.
- ✓ Fruit juice offers no nutritional benefit for infants younger than 6 months.
- ✓ Fruit juice offers no nutritional benefits over whole fruit for infants older than 6 months, children and adults.
- ✓ One hundred percent fruit juice or reconstituted juice can be a healthy part of the diet when consumed as part of a well-balanced diet. Fruit drinks, however, are not nutritionally equivalent to fruit juice.
- ✓ A variety of fruit juices, provided in appropriate amounts for a child's age, are not likely to cause any significant clinical symptoms.
- ✓ Calcium-fortified juices provide a bioavailable source of calcium but lack other nutrients present in breast milk, formula, or cow's milk.