

How Many Servings

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 often times “Single Serve” juices are more than one serving.

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 identify the amount of servings in a single serve juice container.
- ✓ Participant will recognize that whole fruit and water are best.

Introduction:

- ✓ 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 and children.
- ✓ 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.

Activity:

Objective: Parents will be able to identify how many servings of juice are in a “single” serve container.

- ✓ Using the single serve 100% juice, ask the parent how much of the juice they would give their child.
- ✓ Student will take juice bottle and pour the juice into as many servings as is indicated in the bottle.
- ✓ If the parent gave 4-6 ounces of juice or less (or as indicated in serving sizes), congratulate them.
- ✓ If parent gave the whole bottle, remind them that pre-school aged kids should not have more than 4-6 ounces per day. Student will point out the serving sizes in the bottle.
- ✓ Also, remind parents that even though a bottle of “single serve” juice may seem like one serving, it is most likely 2-3 servings of juice for young children.
- ✓ Encourage whole fruit and water in place of juice.

Materials:

- ✓ Display Board
- ✓ Table Cloth
- ✓ Table
- ✓ Lesson Plan
- ✓ Handout
- ✓ Single Serve 100% fruit juice (16 oz.), 2 bottles
- ✓ Plastic tumblers, 8 and 12 oz.
- ✓ Funnel
- ✓ Measuring Cup

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Talking Points:

- ✓ Juice should not be introduced into the diet of infants before 6 months of age.
- ✓ 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:

- ✓ Many single serve containers of 100% juice are more than what would be considered to be one serving.
- ✓ 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.