

A B C D E F G H Children's Health

Juicy Facts About Fruit Juice

(NAPSA)—Juice drinkers are putting the squeeze on health problems. Doctors and health professionals say drinking 100 percent fruit juice can be part of a healthy diet for children and adults.

In fact, the American Academy of Pediatrics (AAP) suggests 4 to 6 ounces of 100 percent juice each day for children 1 to 6 years old and 8 to 12 ounces for children ages 7-18.



Nutrition experts say it is healthy for kids to enjoy 100 percent fruit juice.

The USDA's Food Guide Pyramid offers guidelines for incorporating 100 percent juice as a fruit serving at www.mypyramid.gov.

Additionally, Dr. Theresa Nicklas, professor of pediatrics with the Baylor College of Medicine, stresses that parents should continue serving age-appropriate amounts of 100 percent fruit juice as part of the recommended servings of fruit.

She says that the body of research on 100 percent juice consumption by children does not show an association with body weight among children and adolescents. The research also discovered that juice drinkers have healthier diets than non-juice consumers.

For more information, visit www.fruitjuicefacts.org.