

DID YOU KNOW?

nüton

Nutrition Education
In Manitoba

Drinks that say - *ade, punch, drink, beverage or cocktail* on the label contain little, if any, real juice. They have lots of sugar and not much else. They are not healthy choices.

When choosing a fruit beverage for your child, look for the words “unsweetened juice” or “100% pure fruit juice from concentrate” – that way, you know it’s real juice and a better choice.

Note: Because preschoolers can quickly fill up on juice (making them less hungry for anything else), limit juice to about 125 mL (1/2 cup) per day. Offer water between meals and serve milk with most meals.

