

# Choose Less Juice, More Water

WIC food benefits include 100% juice—no added sugar. These juices provide vitamin C, an important nutrient for you and your children. Juice, in small amounts, can be part of healthy eating.

## How much juice can I give my child?

WIC and the American Academy of Pediatrics recommend:



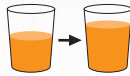
**Under 1 year**

**No Juice**



**1–3 years**

**½ cup of 100% juice per day**



**4–6 years**

**½ – ¾ cup of 100% juice per day**

## Healthy tips for healthy children

- Whole fruit is a good way for your child to get more nutrients than juice
- Water is a great choice when children are thirsty
- Juice is high in natural sugars that can cause tooth decay
- Juice has extra calories and drinking too much can make your child overweight
- Children who drink a lot of juice often do not have room for healthy snacks and foods

**Note:** Mixing juice with water can help reduce the calories.



Check out our website [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) to see if you qualify and find your local WIC office. You also can contact the WIC agency here:

San Bernardino County Department of Public Health  
Women, Infants and Children (WIC) Program

1(800) 472-2321  
[www.SBCounty.gov/WIC](http://www.SBCounty.gov/WIC)

**Enroll in WIC today and find out more about healthy eating.**

## You may be eligible if you:

- Live in California, **and**
- Are pregnant, breastfeeding, or just had a baby in the past 6 months, or
- Care for a grandchild, child or foster child under age 5 **and**
- Have low-to-medium income, or receive Medi-Cal, CalFresh (SNAP), or CalWORKS (Cash Aid) benefits

## WIC provides:

- Monthly benefits for healthy foods such as milk, cereal, fruits and vegetables, whole grains, eggs, peanut butter, tofu, formula, cheese, and more.
- Nutrition information and healthy meal tips.
- Breastfeeding information and support.
- Referrals to health care providers and community services.

**Working, military and migrant families are encouraged to apply.**

**Dads, grandparents and foster parents are welcome too!**



California Department of Public Health, California WIC Program  
This institution is an equal opportunity provider.

1-800-852-5770  #920020 Rev 03/21

