



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Chew Your Juice!

## Fruit is a healthy food or snack for people of all ages

Fruits contain many vitamins and minerals as well as fibre. Eating an orange or banana or apple or any other fruit often satisfies hunger and thirst.

When we choose juice instead of fruit we lose much of the nutritional value of the fruit as well as increase the number of calories we are consuming.



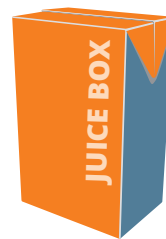
### For example:

- one orange juice box contains the same amount of juice as squeezing five oranges.
- one orange contains 45 calories, vitamins, minerals and fibre.
- one juice box contains 112 less nutritious calories because the fibre and other good parts of the orange aren't used.
- one orange contains 2 spoons of natural sugar.
- one juice box (unsweetened) contains 6 spoons of sugar.

When children drink juice frequently they are getting much more sugar and many more calories than they need. Children who drink juice frequently can also have more cavities!



(Natural Sugar)



## Sugar Levels - Orange vs. Juice Box

Limit children to one half cup of pure, unsweetened juice once a day and offer fruit and water or milk instead!