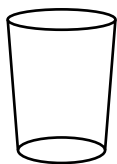


Choose Less Juice, More Water

WIC food benefits include 100% juice—no added sugar. 100% juice provides 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:



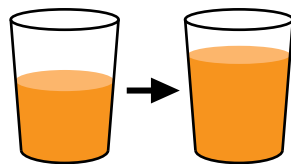
Under 1 year

No Juice



1–3 years

$\frac{1}{2}$ cup of
100% juice
per day



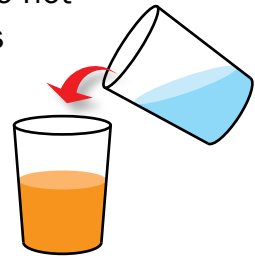
4–6 years

$\frac{1}{2}$ – $\frac{3}{4}$ 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.



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

You may qualify if you:

- Are pregnant, breastfeeding, just had a baby (or recent pregnancy loss); or
- Have a child or care for a child under age 5; **and**
- Have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits; **and**
- Live in California.

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 and health information.
- Breastfeeding information and support.
- Referrals to health care providers and community services.



Newly pregnant individuals, working families, including military and migrant families, are encouraged to apply! WIC welcomes partners, grandparents, foster parents, and guardians who care for eligible children.

Check out our website **MyFamily.WIC.ca.gov** to see if you qualify and find your local WIC office. You can also contact the WIC agency here:



California Department of Public Health, California WIC program

This institution is an equal opportunity provider.

1-888-942-9675 | MyFamily.WIC.ca.gov

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