

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:



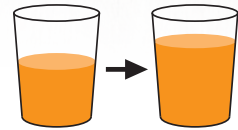
Under 1 year

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

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!

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



California Department of Public Health, California WIC Program

This institution is an equal opportunity provider.

1-800-852-5770 | MyFamily.WIC.ca.gov

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