



FRUIT JUICES

Fruit juice is a source of vitamins and may allow your infant to have intake of another fluid. Juice is an optional fluid and may be offered beginning at 4 months old.

- 1) You may use the infant prepared juices diluted or undiluted OR you may use the adult preparations diluted 50:50 with water.**
- 2) AVOID CITRUS containing juices (orange, pineapple, grapefruit, lemon, lime, tomato) until after 10 months old due to their high allergenic potential.**
- 3) There are many juices to choose from such as apple, apple-cherry, cherry, grape (white or dark), apple-grape, pear, prune, etc.**
- 4) Use juices only occasionally and NOT as a replacement for breast milk or formula.**
- 5) Offer a maximum total of 6 ounces of juice per day- in either 1 or 2 servings-if your infant desires. Do not exceed this amount. DO NOT ALLOW YOUR INFANT TO TAKE A JUICE BOTTLE TO BED as this is detrimental to good dental hygiene!!**