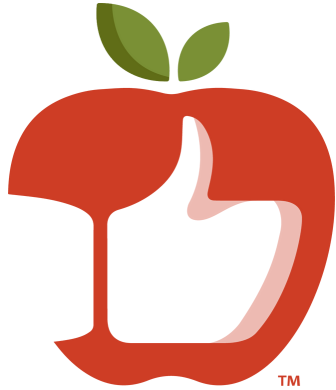


100% Fruit Juice

CREATE[™]
HEALTHY CHOICES



- 1/2 cup (4 oz.) of juice is equal to 1 serving of fruit.
- Limit fruit juice to 4-6 ounces daily for children under the age of 6. Limit to 8-12 ounces for children older than 6.
- Try cooking with fruit juice to add flavor in items such as baked goods or even stir-fries.

CREATE SNAP-ED
BETTER HEALTH

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