



### HOW DO I LEARN MORE?

Each month between now and October 2009, WIC will keep you up-to-date with all the changes through this monthly newsletter.

If you would like to post a question about these changes, please visit our website at [www.healthysarkansas.com/wic](http://www.healthysarkansas.com/wic) or call 1-800-235-0002.



## Juice: Think Your Drink

Juice is an easy way to get a fruit or vegetable serving. It tastes good and can be good for you. However, too much juice can lead to a few health problems such as tooth decay and dental caries, and issues with excess weight.

### WHAT IS CHANGING ABOUT JUICE?

To help avoid health problems, the WIC Program will be reducing the amount of juice that is given to children and women, and eliminating juice for infants. To add more variety to the diet when it comes to fruits and vegetables, children and women will be receiving a Cash Value Benefit check to buy fruits and vegetables and infants will receive baby food fruits and vegetables.

WIC will still offer the same flavors of juice. Women will be able to select from 11 – 12 ounce frozen concentrate, 11.5 ounce non-frozen pourable concentrate or 46 ounce single strength canned or bottled juice. Children will now only receive 64 ounce single strength bottled juice.

### WHY THE SIZE CHANGES?

The container sizes were chosen so that each participant may receive the maximum amount of juice offered through WIC each month. The container sizes will also make it easier when selecting juice at the store.

### IF TOO MUCH ISN'T GOOD, WHAT IS JUST ENOUGH?

Health care professionals recommend no more than 4-6 ounces of juice per day for children. Adults should limit their juice intake to 8 to 12 ounces per day. Although 100% juice can count as a serving of fruit or vegetables, participants can't forget to also EAT their fruits and veggies. Fruits and vegetables contain other nutrients such as fiber that is not found in juice.

In addition, parents should be careful when giving juice to infants. Infants under the age of 6 months should only receive breastmilk or iron-fortified infant formula; juice and water are not necessary in an infant's diet.

Remember, any food can fit into a healthy diet as long as you don't overdo it. A little juice can be good, but be sure not to get too much of a good thing.