



Where We Stand: Fruit Juice

The American Academy of Pediatrics (AAP) recommends that fruit juice not be given to infants under six months of age since it offers no nutritional benefit to babies in this age group. After six months of age, infants may have limited amounts of juice each day. For youngsters older than six months, fruit juice offers no nutritional benefits over whole fruit. Whole fruits also provide fiber and other nutrients. Infants should not be given fruit juice at bedtime, nor as a treatment of dehydration or management of diarrhea. For children ages one to six years old, limit fruit juice consumption to 4 to 6 ounces (120–180 ml) each day.

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Source: [Caring for Your Baby and Young Child: Birth to Age 5 \(Copyright © 2009 American Academy of Pediatrics\)](#)