



Did You Know?

Even **100% fruit juice** contains a kind of sugar called “fructose.” Doctors recommend young children drink **no more than 4-6 ounces of juice per day!** Choose only 100% fruit juice.



Bay Area Nutrition & Physical Activity Collaborative

Did You Know?

When a 40-pound **child** drinks **one 12-ounce can** of caffeinated soda, he or she is getting as much caffeine as a 150-pound **adult** who drinks **2 cups of coffee!**



Bay Area Nutrition & Physical Activity Collaborative