

RAISING
KIDS WITH
SMARTS
& STYLE

child

THE FOOD ISSUE

HOW TO RAISE AN
ADVENTUROUS EATER
BREAKING THE
SUGAR HABIT
25 DELECTABLE RECIPES

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Nutrition News

By Colleen Pierre, R.D.



Juice Gets Even Cooler

A flood of new products ensures that your kids will get to quench their thirst with nutrition-packed drinks this summer. Pore over our favorite 100% juices, all of which are pasteurized so they're safe for young children to drink. Just note that the American Academy of Pediatrics recommends a daily limit of 4 to 6 oz. for 1- to 6-year-olds and 8 to 12 oz. for older kids.

Red Jacket Orchards Raspberry Apple Rather than using concentrates in its vitamin C-rich juice, this New York farm adds whole fruit pressed in small batches so it tastes especially fresh. Other varieties: strawberry apple and cherry apple.

R.W. Knudsen Cranberry Pomegranate Apple juice is mixed with cranberries and pomegranate—two fruits rich in heart-healthy compounds—to make this refreshing drink. Also available: blueberry pomegranate and cranberry blueberry.

Sundia Watermelon Juice Imagine putting the sweetest watermelon in the blender without having to worry about the pits, and you've grasped the concept for this juice. It's rich in cancer-fighting lycopene and vitamins A and C. Spin-offs include watermelon blackberry and watermelon limeade.

V8 Fusion This 50-50 mixture of vitamin-packed fruit and vegetable juices is offered in three delicious flavors, though we're partial to peach mango.



Go to www.child.com/web_links to find out where to buy these new juices in your area.