



JUICE



Brands differ significantly in their fluoride content

Low fluoride concentration

Ocean Spray: Cranberry juice, Grape juice, Fruit punch, 100% Apple juice
Sunsweet: Prune juice
Beechnut: Apple stage 1

Moderate fluoride concentration

Ocean Spray: Cran-blueberry, Cran-Raspberry
Very Fine: Cranberry
Motts: Apple 100%
Hi-C: Grape 100%
Beechnut: Stage 1 mixed fruit, Apple cherry pear juice
Stop and Shop: 100% apple juice
Tropicana: Orange juice, Grape juice

High Fluoride Concentration

Ocean Spray: Apple juice, Mixed fruit
Gerber: White grape juice
Hi-C: Apple juice
Beechnut : Apple cranberry juice, Tropical blend
Stop and Shop: 50% Apple, Grape juice
Welch's: Grape juice, White grape juice
Minute Maid : White grape juice, Apple Pineapple juice, Grape juice

Children 1-6y should consume no more than **4-6 ounces** of fruit juices per day from a cup-**not a bottle or sippy cup**-as part of a meal or snack.

If you live in a fluoridated community, consider buying frozen concentrated juices and reconstituting them with tap water.
 Infants should NEVER be put to bed with a bottle filled with juice. This causes widespread tooth decay (early childhood caries).

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