



## A Message from Your Lake Arrowhead Dentist:



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### **Fruit Juice for Children: Why Not?**

Citing its relationship with dental decay, among other health-related concerns, the American Academy of Pediatrics in May released a policy statement recommending no fruit juice for children less than one year of age.

“We know that excessive fruit juice can lead to excessive weight gain and tooth decay,” said Steven Abrams, M.D. in a news release.

The American Academy of Pediatrics recommendations say juice should not be introduced into the diet of infants before 12 months of age and that it should be given in limited amounts to children aged 1 through 18.

The group also stated, citing recommendations from the American Academy of Pediatric Dentistry, that toddlers should not be given juice at bedtime or from bottles or “sippy cups” that allow them to consume juice easily throughout the day.

Dr. Valerie Peckosh, a pediatric dentist and member of the American Dental Association Council on Advocacy for Access and Prevention, applauded the statement, calling it a “strong message that fruit juice is not a necessary or even a desirable part of a healthy diet for young children.” “We still have a lot of parents who think fruit juice is a health food and that their children need it,” said Dr. Peckosh.

The full policy can be read online at [AAP.Publications.org](http://AAP.Publications.org) under “Fruit Juice Recommendations” in Pediatrics. Protect your young children’s smile with a well-rounded diet, water and milk (for those not lactose intolerant).

*Yours for better dental health,*

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