Cranberry Juice and Children Checklist

This checklist helps parents follow safe juice guidelines for babies and children.

- [ ] Avoid giving cranberry juice or any juice to babies under 12 months.
- [ ] Offer human milk or formula as your baby's primary nutrition during the first year.
- [ ] Limit toddlers aged 1 to 3 years to no more than 4 ounces (120 mL) of juice per day.
- [ ] Limit children aged 4 to 6 years to 4 to 6 ounces (120 to 180 mL) of juice daily.
- [ ] Dilute juice by mixing one part juice with 10 parts water.
- [ ] Avoid serving juice in bottles or sippy cups, which encourage prolonged sipping.
- [ ] Avoid offering juice at bedtime to reduce the risk of tooth decay.
- [ ] Choose pasteurized juice with no added sugars.
- [ ] Serve fresh or cooked cranberries as part of a meal instead of juice.
- [ ] Consult a pediatrician if your child has chronic diarrhea, bloating or excessive gas.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/can-babies-drink-cranberry-juice/