

## White Grape Juice

(NAPSA)—According to a study published in *The Journal of Pediatrics*, young children tolerate white grape juice significantly better after a bout with diarrhea than either apple or pear juice.



**White grape juice can be used to help rehydrate young children after a bout with diarrhea.**

The results were attributed to the juices' different carbohydrate profiles. White grape juice contains no sorbitol, a carbohydrate that is not digested, whereas both apple and pear juice contain significant amounts. White grape juice also has an even balance of fructose and glucose. This is significant because fructose that is not balanced by glucose is difficult for young children to digest.

"Consuming fluids after acute diarrhea is an important part of the recovery process for young children, and juice is used throughout the world as an excellent adjunct to water for this purpose," explains Fima Lifshitz, M.D., Chief of Nutrition Sciences and Professor of Pediatrics, Miami Children's Hospital.

Dr. Lifshitz offers the following advice for managing children with acute diarrhea:

1. Bring the diarrhea under control and rehydrate in consultation with the family pediatrician.

2. During the recovery period, water and certain foods can be supplemented with juice that contains no sorbitol and has an even fructose/glucose ratio, such as white grape juice.

3. If diarrhea returns, consult your pediatrician.