

# Comparison of Beverage Consumption Recommendations for Young Children

Key:

- ✓ Aligned with HER recommendations
- Consistent in intent but not wording or formal regulations
- No guidance provided
- ✗ Misalignment with HER recommendations



## Breastfeeding/Infant Formula

Healthy Eating Research (HER)	• Breast milk recommended • Iron-fortified formula if breast milk is not available	• Breast milk recommended • Iron-fortified formula if breast milk is not available	Breastfeed beyond one year if desired by parent and child	Breastfeed beyond one year if desired by parent and child	Breastfeed beyond one year if desired by parent and child
DGA	✓	✓	✓	✓	✓
WIC	✓	✓	✓	✓	✓
CACFP	✓	✓	—	—	—

## Plain Drinking Water

HER	Not Needed	0.5-1 cup per day	1-4 cups per day	1-4 cups per day	1-4 cups per day
DGA	✓	✓	○	○	○
WIC	○	○	○	○	○
CACFP	○	○	○	○	○

## Plain Pasteurized Milk

HER	Not Recommended	Not Recommended	2-3 cups per day whole milk	≤ 2 cups per day fat-free or low-fat milk	≤ 2.5 cups per day fat-free or low-fat milk
DGA	✓	✓	○	✓	✓
WIC	○	○	○	○	○
CACFP	✓	✓	○	○	○

## 100% Juice

HER	Not Recommended	Not Recommended	≤ 4 oz per day	≤ 4 oz per day	≤ 4-6 oz per day
DGA	✓	✓	✓	✓	✓
WIC	○	○	○	○	○
CACFP	✓	✓	○	○	○

Recommendations compared: [HER](#) (Healthy Eating Research); [DGA](#) (Dietary Guidelines for Americans 2020-2025); [WIC](#) (Special Supplemental Nutrition Program for Women, Infants and Children); [CACFP](#) (Child and Adult Care Food Program)

**Plant-Based/Non-Dairy Beverages**

HER	Not recommended	Not recommended	Medical indication/ dietary reasons only	Medical indication/ dietary reasons only	Medical indication/ dietary reasons only
DGA	✓	✓	○	○	○
WIC	○	○	✓	✓	✓
CACFP	✓	✓	✓	✓	✓

**Flavored Milk**

HER	Not recommended	Not recommended	Not recommended	Not recommended	Not recommended
DGA	✓	✓	✓	○	○
WIC	✓	✓	✗	✗	✗
CACFP	✓	✓	✓	✓	✓

**Toddler Milk**

HER	Not recommended	Not recommended	Not recommended	Not recommended	Not recommended
DGA	✓	✓	✓	–	–
WIC	✓	✓	✓	✓	✓
CACFP	–	–	–	–	–

**Sugar-Sweetened Beverages**

HER	Not recommended	Not recommended	Not recommended	Not recommended	Not recommended
DGA	✓	✓	✓	○	○
WIC	✓	✓	✓	✓	✓
CACFP	○	○	○	○	○

**Beverages with Low-Calorie Sweeteners**

HER	Not recommended	Not recommended	Not recommended	Not recommended	Not recommended
DGA	✓	✓	✓	–	–
WIC	○	○	○	○	○
CACFP	–	–	–	–	–

**Caffeinated Beverages**

HER	Not recommended	Not recommended	Not recommended	Not recommended	Not recommended
DGA	✓	✓	✓	–	–
WIC	○	○	○	○	○
CACFP	–	–	–	–	–