
HEALTHY DRINKS.
HEALTHY KIDS.

PROVIDER TOOLKIT



Welcome!

Healthy Drinks, Healthy Kids Toolkit for Providers

Thank you for your support in spreading the word about healthy drinks for healthy kids! With your help, we can make sure parents and caregivers have the best information on what kinds of beverages, how much of them, and at what ages are best for the healthy growth and development of children five and under.

In this toolkit, you will find a wide array of resources to learn more about these recommendations and share them with your patients and colleagues. These resources were developed based on feedback from providers like yourself. If there are other materials or support you need to share the recommendations, we are happy to work with you to create it! Just get in touch with us at healthyeating@duke.edu.

All of the materials in this toolkit can be found online at HealthyDrinksHealthyKids.org/professionals.

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Healthy Beverage Recommendations: Children 0-5

Core Language

Research shows that what children drink – from birth through age 5 – can have a big impact on their health. With so many choices, it can be confusing to know which drinks are healthy and which ones to avoid. That’s why some of the nation’s leading experts on children’s health came together to develop recommendations to help parents choose what’s best for their kids. Whether it is a question about milk, juice, water, or other drinks, these recommendations clear up the confusion and help parents and caregivers set their kids on the path for healthy growth and development.

These recommendations were developed by experts at the Academy of Nutrition and Dietetics (AND), the American Academy of Pediatrics (AAP), the American Academy of Pediatric Dentistry (AAPD), and the American Heart Association (AHA) under the leadership of Healthy Eating Research (HER), a leading nutrition research organization, and with funding from the Robert Wood Johnson Foundation. While every child is different, the nation’s leading health organizations agree that for most kids, the following recommendations can help to set children on a path for healthy growth and development.

0-6 months: Babies need only breast milk or infant formula to get enough fluids and proper nutrition.

6-12 months: In addition to breast milk or infant formula, offer a small amount of drinking water once solid foods are introduced to help babies get familiar with the taste – just a few sips at meal times is all it takes. It’s best for children under 1 not to drink juice. Even 100% fruit juice offers no nutritional benefits over whole fruit.

12-24 months: It’s time to add whole milk, which has many essential nutrients, along with plain drinking water for hydration. A small amount of juice is ok, but make sure it’s 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are more nutritious and satisfying.

2-5 years: Milk and water are the go-to beverages. Look for milks with less fat than whole milk, like skim (non-fat) or low-fat (1%). If you choose to serve 100% fruit juice, stick to a small amount, and remember adding water can make a little go a long way!

All children 5 and under should avoid drinking flavored milks (e.g., chocolate, strawberry), toddler formulas, plant-based/non-dairy milks (e.g., almond, rice, oat)*, caffeinated beverages (e.g., soda, coffee, tea, energy drinks) and sugar- and low-calorie sweetened beverages (e.g., “diet” or “light” drinks, including those sweetened with stevia or sucralose), as these beverages can be big sources of added sugars in young children’s diets and provide no unique nutritional value beyond eating a balanced diet and sticking to water and milk.

**Notes: Evidence indicates that, with the exception of fortified soy milk, many plant-based/non-dairy milk alternatives lack key nutrients found in cow’s milk. Our bodies may not absorb nutrients in these milks as well as they can from dairy milk. Unsweetened and fortified non-dairy milks may be a good choice if a child is allergic to dairy milk, lactose intolerant, or whose family has made specific dietary choices such as abstaining from animal products. It’s important to ensure that a child’s overall diet has the right amount of the key nutrients found in milk, such as protein, calcium, and vitamin D, which are essential for healthy growth and development. Our Dairy Milk vs. Plant Milks resources can aid you in making recommendations to your clients.*

See the full recommendations and learn more at HealthyDrinksHealthyKids.org.

Recommendations Summary Table

Research shows that what children drink from birth through age five has a big impact on their health - both now and for years to come. While every child is different, the nation's leading health organizations agree that for most kids, the following recommendations can help to set children on a path for healthy growth and development. As always, consult with your health care provider about your child's individual needs.

	0 - 6 months	6 - 12 months	12 - 24 months	2 - 3 years	4 - 5 years
Water <i>Plain drinking water</i>	Not needed <i>Babies only need breast milk or infant formula to meet all of their nutrition and hydration needs.</i>	½-1 cup (4-8 fl oz) <i>Offer in a cup at meal times once solid food is introduced.</i>	1-4 cups (8-32 fl oz)		1½-5 cups (12-40 fl oz)
			<i>Where an individual child falls within these ranges will depend on the amounts of other beverages consumed during the day.</i>		
Milk <i>Plain, pasteurized milk</i>	Not recommended		2-3 cups (16-24 fl oz) whole milk	Up to 2 cups (16 fl oz) skim (fat-free) or low-fat (1%)	Up to 2½ cups (20 fl oz) skim (fat-free) or low-fat (1%)
100% juice <i>Made from 100% fruit or vegetable juice</i>	Not recommended	Limit to ½ cup (4 fl oz)*		Limit to ½-¾ cup (4-6 fl oz)*	
		<i>*Only a small amount of 100% juice is recommended - you can add water to fill a bigger cup and make the juice less sweet. It's best for children to get their fruit servings from fresh, canned, or frozen forms of fruit. If this isn't possible, 100% juice can be used to help children consume enough fruit.</i>			
Plant-based/non-dairy milk <i>Made from plant-based ingredients</i>	Not recommended <i>Examples: almond, rice, cashew, coconut</i>		Medical indication/dietary reasons only <i>Plant milks are nutritionally different from dairy milk. If your child is lactose intolerant, allergic to dairy milk, or if your family has chosen not to eat animal products, talk with your child's pediatrician or a registered dietitian to determine the best plant milk option.</i>		
Flavored milk <i>Sweetened cow's milk</i>	Not recommended <i>Examples: chocolate, strawberry, vanilla</i>				
Toddler formula <i>Milk drink marketed for 9 to 36 month olds, also known as "toddler milk"</i>	Not recommended <i>Examples: Enfagrow Toddler Transitions, Similac Go and Grow, Nido 1+</i>				
Sugary drinks <i>Sweetened with added sugar</i>	Not recommended <i>Examples: regular soda, fruit-flavored drinks, sports drinks</i>				
Drinks with low-calorie sweeteners <i>Beverages with artificial sweeteners (or "fake sugars") added, often called diet or light drinks</i>	Not recommended <i>Examples: flavored water, soda, juice, or tea sweetened with Splenda®, Equal®, Sweet'N Low®, Stevia, etc.</i>				
Drinks with caffeine	Not recommended <i>Examples: coffees, teas, energy drinks, some sodas</i>				

To learn more about what experts recommend at different stages for kids five and under, visit HealthyDrinksHealthyKids.org

Talking Points

As a health or child care professional, you are a trusted resource for parents and caregivers when it comes to the health and well-being of their kids. You can find downloadable materials to share with the parents and caregivers you work with at HealthyDrinksHealthyKids.org/professionals. To support your conversations about these new recommendations, we've included the following talking points:

1. We know that what kids drink in the early years of life is just as important as what they eat for healthy growth and development.
2. Making healthy drink choices is important both for being healthy now, as well as developing healthy habits down the road.
3. Now, for the first time, there are consistent recommendations from leading health and nutrition organizations in the United States about what kinds of beverages are healthy for kids as they grow, from ages zero through five.
4. These recommendations are needed because right now many children are not drinking what they should. And there is no comprehensive and consistent guidance for parents, caregivers, health professionals and policymakers.
5. They include guidance on how much and what kinds of different drinks help kids get adequate nutrition and hydration at different ages.
6. The top level guidance includes:
 - **0–6 months:** Babies need only breast milk or infant formula to get enough fluids and proper nutrition.
 - **6–12 months:** In addition to breast milk or infant formula, offer a small amount of drinking water once solid foods are introduced to help babies get familiar with the taste – just a few sips at meal times is all it takes. It's best for children under 1 not to drink juice. Even 100% fruit juice offers no nutritional benefits over whole fruit.
 - **12–24 months:** It's time to add whole milk, which has many essential nutrients, along with plain drinking water for hydration. A small amount of juice is ok, but make sure it's 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are more nutritious and satisfying.
 - **2–5 years:** Milk and water are the go-to beverages. Look for milks with less fat than whole milk, like skim (non-fat) or low-fat (1%). If you choose to serve 100% fruit juice, stick to a small amount, and remember adding water can make a little go a long way!
 - **All children five and under** should avoid drinking flavored milks (e.g., chocolate, strawberry), toddler formulas, plant-based/non-dairy milks (e.g., almond, rice, oat), caffeinated beverages (e.g., soda, coffee, tea, energy drinks) and sugar- and low-calorie sweetened beverages (e.g., “diet” or “light” drinks, including those sweetened with stevia or sucralose), as these beverages can be big sources of added sugars in young children's diets and provide no unique nutritional value beyond eating a balanced diet and sticking to water and milk.
7. More detailed information about these recommendations, different kinds of beverages, and what amounts are best at what ages can be found at HealthyDrinksHealthyKids.org.

Common Q&A

Tell me more about....

All the things to avoid

These beverages can be leading sources of added sugars in young children's diets and provide no unique nutritional value beyond eating a balanced diet and sticking to water and milk. And, avoiding these kinds of beverages at a young age can help to create and maintain healthy habits down the road.

Juice

Juice, even 100% fruit juice, can contribute to dental cavities, and if kids drink more than is recommended, it can have other negative health impacts such as weight gain. It's a better choice to serve small pieces of real fruit, which are more nutritious and satisfying.

Flavored Milk

Flavored milks, like chocolate and strawberry milks, typically have added sugars, and they don't have any nutritional benefit over plain milk. Kids under age two should avoid added sugars, and two to five-year-olds already take in more added sugars than is recommended.

We know that some kids refuse to drink plain milk because they are used to the flavored kind, but here are some tips to help them drink more plain milk:

1. If your child doesn't accept plain milk at first and insists on drinking flavored milk instead, try cutting back slowly on flavored milk. Mix half flavored milk and half plain milk while your child gets used to less sugar, and gradually reduce the amount of flavored milk and increase the amount of plain milk.
2. Using a crazy straw or a cup with a special design or character that your child likes may encourage him/her to drink it. Taste buds can change, it just takes some time – keep it up! After cutting back on sugars in foods and drinks, many people find that the foods and drinks they used to like are now too sweet.

Plant-based/Non-dairy Milks

Evidence indicates that, with the exception of fortified soy milk, many plant-based/non-dairy milk alternatives lack key nutrients found in cow's milk. Our bodies may not absorb nutrients in these plant milks as well as they can from dairy milk. However, unsweetened and fortified plant milks may be a good choice if a child is allergic to dairy, lactose intolerant, or in a family that has made specific dietary choices such as abstaining from animal products. Is that you? Then let's work together to choose the right milk substitute (*check out more resources on this topic on page 6 of the toolkit*). It is important to ensure that your child's overall diet has the right amounts of the key nutrients found in milk, such as protein, calcium, and vitamin D, which are essential for healthy growth and development.

More questions?

You find more information at HealthyDrinksHealthyKids.org.

Library of Resources

You can find downloadable versions of the following provider materials, handouts, graphics, and other resources at HealthyDrinksHealthyKids.org/professionals. Many of these materials are also available in Spanish, Tagalog, and Vietnamese.



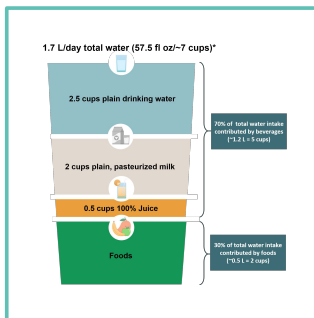
Consensus Recommendations, Full Report, and Summary



HER Guidelines Compared to Other Age 0-5 Beverage Recommendations



Academy of Nutrition and Dietetics Webinars and Provider Toolkit



Daily Fluid Intake Scenarios



Dairy Milk vs. Plant Milks Decision Tools



Academy of Nutrition and Dietetics Pediatric Nutrition Care Manual



One-pagers (by age and beverage)



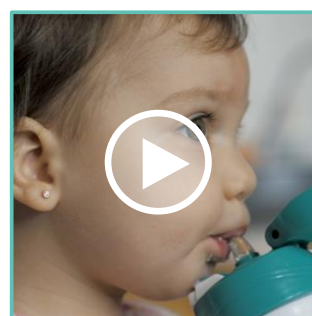
Infographics



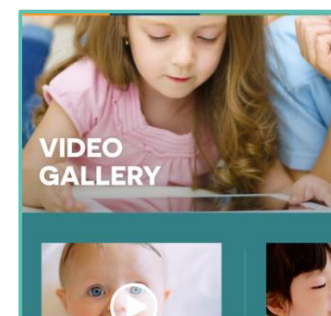
Web Graphics



Social Media Graphics



Intro Video



Video Gallery

Website Language and Accessibility Text

The language provided here may be helpful if you wish to share these recommendations via electronic health records or on provider websites or social media accounts.

Add Healthy Drinks, Healthy Kids to your organization's resources page!

Research shows that what children drink from ages 0 through 5 can have a big impact on their health. Check out recommendations from some of America's leading health and nutrition experts on what kids should—and should not—drink as part of a healthy diet at [HealthyDrinksHealthyKids.org](https://www.HealthyDrinksHealthyKids.org).

Accessibility Text

Many social media platforms, including Twitter, Facebook and Instagram, have integrated functions to make posts accessible for people with visual impairments. It's also helpful to add a caption that describes visuals so that everyone can enjoy our posts. Below, we've included descriptions of our social media graphics that you can include either within the main post or as a comment.



#accessibility text: a graphic featuring icons of a mother breastfeeding, a baby bottle, a toddler cup, a regular cup, and water bottle are in a horizontal row above a logo, which features two horizontal orange bars above and below the words "Healthy Drinks, Healthy Kids." The URL is written at the bottom in dark blue and is www.HealthyDrinksHealthyKids.org



#accessibility text: a graphic featuring an array of different kinds of drink container icons in different colors. The icons include a baby bottle, toddler drinking cup, regular cup, and water bottle. The icons are each a different color, including orange, green, turquoise and dark blue. They are arranged around a logo in the center, which features two horizontal orange bars above and below the words "Healthy Drinks, Healthy Kids." The URL is written just below the logo in dark blue and is www.HealthyDrinksHealthyKids.org



#accessibility text: a graphic featuring the words "Healthy Drinks for Healthy Kids every sip of the way" written in orange, turquoise, blue and green. They are above a logo, which features two horizontal orange bars above and below the words "Healthy Drinks, Healthy Kids." The campaign URL is written at the bottom in dark blue and is www.HealthyDrinksHealthyKids.org



#accessibility text: a graphic featuring a logo, which has two horizontal orange bars above and below the words "Healthy Drinks, Healthy Kids." The campaign URL is written at the bottom in dark blue and is www.HealthyDrinksHealthyKids.org



0-6 MONTHS

Babies need only **breast milk** or **infant formula** to get enough fluids and proper nutrition.

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Thirsty for more?
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#accessibility text: a graphic with a light blue background featuring dark turquoise icons of a mother breastfeeding and a baby bottle next to text that reads: “zero to six months: babies need only breast milk or infant formula to get enough fluids and proper nutrition.” At the bottom of the graphic text asking, “Thirsty for more?” is written above a URL www.HealthyDrinksHealthyKids.org. A logo at the bottom left features two horizontal orange bars above and below the words “Healthy Drinks, Healthy Kids.”



6-12 MONTHS

In addition to **breast milk** or **infant formula**, offer a small amount of drinking **water** once solid foods are introduced to help babies get familiar with the taste – just a few sips at meal times is all it takes. It's best for children under 1 not to drink juice. Even 100% fruit juice offers no nutritional benefits over whole fruit.

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#accessibility text: a graphic with a light green background featuring dark green icon of a toddler cup next to text that reads: “six to 12 months: In addition to breast milk or infant formula, offer a small amount of drinking water once solid foods are introduced to help babies get familiar with the taste – just a few sips at meal times is all it takes. It’s best for children under 1 not to drink juice. Even 100% fruit juice offers no nutritional benefits over whole fruit.” At the bottom of the graphic text asking, “Thirsty for more?” is written above a URL www.HealthyDrinksHealthyKids.org. A campaign logo at the bottom left features two horizontal orange bars above and below the words “Healthy Drinks, Healthy Kids.”



12-24 MONTHS

It's time to add **whole milk**, which has many essential nutrients, along with plain drinking **water** for hydration. A small amount of juice is ok, but make sure it's 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are even healthier.

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#accessibility text: a graphic with a light blue background featuring dark turquoise icon of a regular drinking cup next to text that reads: “12 to 24 months: It’s time to add whole milk, which has many essential nutrients, along with plain drinking water for hydration. A small amount of juice is ok, but make sure it’s 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are even healthier.” At the bottom of the graphic text asking, “Thirsty for more?” is written above a URL www.HealthyDrinksHealthyKids.org. A logo at the bottom left features two horizontal orange bars above and below the words “Healthy Drinks, Healthy Kids.”



#accessibility text: a graphic with a light blue background featuring dark blue icon of a water bottle next to text that reads: “2 to 5 years: Milk and water are the go-to beverages. Look for milks with less fat than whole milk, like skim (non-fat) or low-fat (1%). If you choose to serve 100% fruit juice, stick to a small amount, and remember adding water can make a little go a long way!” At the bottom of the graphic text asking, “Thirsty for more?” is written above a URL www.HealthyDrinksHealthyKids.org. A logo at the bottom left features two horizontal orange bars above and below the words “Healthy Drinks, Healthy Kids.”



#accessibility text: a graphic with a light peach background featuring colorful icons of a mother breastfeeding, a baby bottle, a toddler cup, a regular cup and water bottle of a water bottle next to text that reads: “All Kids 5 & Under should avoid drinking flavored milks, toddler formulas, plant-based/non-dairy milks, caffeinated beverages and sugar and low-calorie sweetened beverages, as these beverages can be big sources of added sugars in young children’s diets and provide no unique nutritional value.” At the bottom of the graphic text asking, “Thirsty for more?” is written above a URL www.HealthyDrinksHealthyKids.org. A logo on the left-hand side under the icons features two horizontal orange bars above and below the words “Healthy Drinks, Healthy Kids.”