

Babies only need breast milk or infant formula to get enough fluids and proper nutrition during the first year of life.

If your baby is exclusively breastfeeding, give them a daily supplement of Vitamin D since levels in breast milk are very low. ([More information available here.](#))



HEALTHY DRINKS FOR 0-12 month olds



Once solid food is introduced (usually around 4-6 months), offer a small amount of water at mealtimes. Just a few sips is all it takes to help babies get familiar with the taste.

Offer approximately $\frac{1}{2}$ -1 cup (4-8 fl oz) plain water per day during mealtime.

It's okay if your baby spills – accidents happen! They are learning important motor skills and getting used to the taste of water.

More tips

- Your baby has a natural ability to control their appetite and will stop feeding when full. [Signs of fullness include:](#) sealing lips together, turning head away, decreasing or stopping sucking, spitting out nipple, and paying attention to surroundings/distracted.
- Your baby is ready for solid food when they can sit up alone or with support, have good head and neck control, chew, and can bring food to their mouth (typically between 4-6 months). When you notice signs of readiness, start introducing mashed or pureed food.
- Offer a variety of food from all of the food groups (vegetables, fruits, grains, meats/protein, and dairy).

**Drinks with
caffeine**



**Plant-based/
non-dairy
milk**



Milk



**DRINKS TO
AVOID FOR
0-12
month olds**

**100%
juice**



**Toddler
formula**



**Flavored
milk**



**Sugary
drinks**



**Drinks with
low-calorie
sweeteners**

