

### 1-4 cups (8-32 fl oz) plain water per day

Water should be the main source of hydration for kids 12 months and older.

The exact amount of water your child needs might change from day to day based on how active they are, the weather, or the amount of fluids they get from other beverages like milk.



### Up to 2 cups (16 fl oz) skim (fat-free) or low-fat (1%) milk per day

Switching to lower-fat milks at this age helps children develop healthy habits and promotes a healthy weight.

If your child eats a lot of yogurt and cheese they will need less fluid milk.

## HEALTHY DRINKS FOR 3-4 year olds



Eat whole fruit instead when possible.

### Limit juice to ½ cup (4 fl oz) per day

It's best for children to get their daily servings of fruit from fresh, canned, or frozen forms of fruit. When this isn't possible, a little bit of 100% juice at meal or snack times is okay.



### More tips

- Water can be sipped on throughout the day and served during meal or snack times. Make it fun by adding pieces of fresh fruit or a silly straw!
- Did you know that letting your toddler drink milk throughout the day may fill them up and keep them from eating at mealtimes? To avoid this, limit milk to during meal or snack times.
- Adding water to 100% juice can make a little go a long way!

## DRINKS TO AVOID FOR 1-5 year olds

All these beverages can be big sources of added sugars in young children's diets and provide no nutritional benefits beyond eating a balanced diet and drinking water and milk. More information about each beverage is included in the links below.



### Flavored milk

*Common flavored milks: chocolate, strawberry, and vanilla*

These include milks that are sweetened with added sugars and flavoring and thus are not recommended for children under age 5.

### Plant-based/non-dairy milk

*Common plant-based milks: soy milk, pea milk, almond milk, oat milk, coconut milk, rice milk, and cashew milk*

Plant milks are beverages made from plant-based ingredients. They are nutritionally different from dairy milk and often contain added sweeteners and flavorings. Plant milks are not recommended as a dairy milk substitute for young children.\*

*\*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 options. Soy milk and pea milk are the most nutritionally similar to dairy milk.*



### Toddler milks

*Also known as: toddler formulas, transition formulas, follow-on (or follow-up) formulas, weaning formulas, growing-up milks, and young child milks*

This is a milk drink marketed for 9- to 36-month-olds that is supplemented with nutrients and often contains added sugars, sodium, and fat. Toddler formulas should never be given to infants and are also not recommended for toddlers. They are more expensive than infant formula or cow's milk.



### Drinks with caffeine

*Common drinks: soda, coffee, tea, and energy drinks*



### Drinks with low-calorie sweeteners

*Common drinks: flavored water, diet soda, juices and teas labeled as "light" or "diet," and/or sweetened with Splenda, Stevia, Equal, Sweet'N Low, etc.*