






Key: ✓ Aligned with HER recommendations ○ Consistent in intent but not wording or formal regulations ✗ Misalignment with HER recommendations — No guidance provided

Comparison of Beverage Consumption Recommendations for Young Children

	 0-6 months	 6-12 months	 12-24 months	 2-3 years	 4-5 years
Breastfeeding/Infant Formula					
HER	<ul style="list-style-type: none"> • Breast milk recommended • Iron-fortified formula if breastmilk is not available • Do not feed low-iron formulas • Mothers who breastfeed encouraged to do so until at least 1 year 		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		Whole milk 2-3 cups per day	Fat-free or low-fat milk ≤ 2 cups per day	Fat-free or low-fat milk ≤ 2.5 cups per day
DGA	✓		○	✓	
WIC	○		○	○	
CACFP	✓		○	○	
100% Juice					
HER	Not recommended		≤ 4 fl oz per day	≤ 4 fl oz per day	≤ 4-6 fl 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 Milk Alternatives			
HER	Not recommended		Medical indication/ dietary reasons only
DGA	✓		○
WIC	○		✗
CACFP	✓		✓
Flavored Milk			
HER	Not recommended		
DGA	✓	✓	○
WIC		✓	
CACFP		✓	
Toddler Milk			
HER	Not recommended		
DGA	✓	✓	-
WIC		✓	
CACFP		-	
Sugar-Sweetened Beverages			
HER	Not recommended		
DGA	✓		○
WIC		✓	
CACFP		○	
Beverages with Low-Calorie Sweeteners			
HER	Not recommended		
DGA	✓		-
WIC		○	
CACFP		-	
Caffeinated Beverages			
HER	Not recommended		
DGA	✓		-
WIC		○	
CACFP		-	