

HEALTHY DRINKS. HEALTHY KIDS.

Healthy Beverage Consumption in Early Childhood

Recommendations from Key National Health
and Nutrition Organizations

toddler milks

Healthy Drinks, Healthy Kids

Research shows that what children drink – from birth through age 5 – can have a big impact on their health. That’s why some of the nation’s leading experts on health and nutrition developed recommendations to help parents and caregivers choose what’s best for kids. The full recommendations can be found at HealthyDrinksHealthyKids.org. This brief provides more details about **toddler milks**.

All about toddler milks

These are milk drinks that are usually made up of powdered milk, corn syrup solids or other added calorie-containing sweeteners, vegetable oil, and added vitamins and minerals. They tend to have more sodium and less protein than whole cow’s milk. Toddler milks are marketed for kids ages nine to 36 months old and go by other names like “transition formulas,” “follow-on (or follow-up) formulas,” “weaning formulas,” “growing-up milks,” or “young child milks.”

So, what are the recommendations on toddler milk consumption?



Why aren’t these products recommended for young children?

Toddler milks don’t offer any nutritional benefit over a healthy, balanced diet. Plus, they can add extra sugars to kids’ diets and make it less likely that younger children will keep up with breastfeeding. To learn more about what experts do recommend at different stages for kids five and under, visit HealthyDrinksHealthyKids.org.

Are toddler milks a good way to boost a child’s nutrient intake if there are any gaps in their diet?

Limited data from developed countries outside the United States suggest that toddler milks can contribute to intake of some nutrients; but U.S. data suggest that most young kids get enough of these nutrients already.

Did you know?

- Toddler milk products have been marketed in Europe for many years and have more recently been increasingly marketed in the United States.
- Cup for cup, toddler milks are more expensive than cow’s milk.

Thirsty for more?

Visit HealthyDrinksHealthyKids.org to find more information on other drinks such as:

- Water
- Milk
- Juice
- Plant-Based, Non-Dairy Milk
- Sugar-Sweetened Beverages
- Low-Calorie Sweetened Beverages

Healthy
Eating
Research

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) with funding from the Robert Wood Johnson Foundation.