

HEALTHY DRINKS. HEALTHY KIDS.

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>				

