

Healthier drinks for healthier kids

WATER

Water first for thirst!

When your child says, "I'm thirsty," offer water before any other drink.

JUICE

How much juice?

Juice is not a must—even 100% juice has sugar and can fill kids up.

Recommendations for 100% juice:

- 4 oz (1/2 cup) or less per day for babies 6 months to 3 years
- 6 oz (3/4 cup) or less per day for children 3 years and older



MILK

Make sure you've got the right milk.

- Choose 2% or lower fat milk for children 2 years and older.
- Choose whole milk for children ages 12-24 months old.