



Healthy Drinks

for Healthier Kids

Choose healthy drinks for nutrition and prevention of gaining too much weight. Children who drink too much soda, fruit drinks, and other high sugar drinks may gain unhealthy weight. These drinks have a lot of calories and are low in vitamins and minerals. Children also may not eat the foods they need if they fill up on too much liquid.

- ✓ **Choose healthy drinks like water or milk for meals and snacks.**
- ✓ **Make sure you've **GOT** the right **MILK!****
 - Breast milk is the healthiest way to feed a baby.
 - Babies should have breast milk or formula through their first year.
 - Babies should not drink cow's milk until 12 months of age.
 - Choose whole milk for children 12-24 months old.
 - Choose 2% or lower fat milk for children 2 years and older.
 - To comply with the USDA CACFP Food Guidelines, serve whole milk to all children in toddler classrooms that have children under two years of age. Serve 2%, 1%, or skim milk to children in preschool, pre-K, and school age classrooms.
- ✓ **How much milk?**
 - Aim for 2-3 cups of milk or yogurt each day for children 2-5 years old.
 - 1 ½ ounces of cheese also counts as a 'cup of milk.'
- ✓ **How much juice?**
 - Giving children too much juice is a common mistake. Juice is not a "must" - even 100% fruit juice has a lot of sugar and calories. If you're going to give juice, make it just a little.
 - The recommendation for 100% fruit juice is:
 - **No juice before 6 months for infants**
 - **Less than 4 oz (½ cup) per day for infants 6 months to 3 years**
 - **Less than 6 oz (¾ cup) per day for children 3 years and older**
 - When pouring a serving of fruit juice, remember these daily limits, and that children may also be getting some juice at home.