

Water First For Thirst!

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 1% or skim milk for children 2 years and older.
- Choose whole milk for children ages 12-24 months old.
- Breast milk is best for children up to 12 months old.