

Best Drinks for Young Children



The best drinks for kids of all ages are milk and water!

RULES OF THUMB

- Children between 1 – 2 years should be drinking whole milk and/or breast milk.
- Preschoolers should consume two cups of low-fat or nonfat milk (or equivalent dairy products) every day.
- Try to avoid premixed chocolate or strawberry drinks, which often contain considerably more calories, sugar and fat than milk you flavor yourself.
- Limit juice, which has a significant amount of sugar, to no more than one serving (4 – 6 oz.) of 100% juice a day.
- Kids may be less likely to drink enough milk if sugar-sweetened beverages are available.



WHAT PARENTS CAN DO

- Promote water and low-fat milk as the drinks of choice.
- Provide low-fat milk, skim milk and other milk alternatives in place of whole milk.
- Use the drink comparison chart (below) to demonstrate how much sugar is in a variety of drinks.
- Provide water and low-fat milk instead of sugar-sweetened drinks at celebrations.
- Be a role model by drinking water or milk.
- Visit a local dairy farm.

DRINK	SIZE	CALORIES	SUGAR
Water	8 oz.	0	0 g
Low-fat milk	8 oz.	100	11 g
100% orange juice	8 oz.	110	22 g
Juice Drink (10 % fruit juice)	8 oz.	150	38 g
Powdered drink mix (with sugar added)	8 oz.	90	24 g
Soda	8 oz.	100	27 g