

Better Beverages in Child Care

Infants

- **Choose** breast milk and infant formula. They have the water healthy babies need to grow and thrive! Other drinks are not usually needed and may be harmful.
- **Avoid** sugary drinks and juice. Babies do not need them. Juice is not creditable for infants of any age.
- **Avoid** cow's milk before one year. Cow's milk is hard for babies to digest and could even cause anemia.
- **Avoid** water until after 6 months. Infants may only need a small amount of water in hot weather or after active play.



Fun Fact

Breast milk is an acceptable alternative to fluid milk after 12 months.

Children

- **Choose** plain cow's milk and water. They are the best drinks for toddlers, preschoolers, and school-age children.
- **Avoid** sugary drinks. Examples include sodas, flavored milk, and fruit drinks. They are linked to excess weight gain, tooth decay, and diseases later in life.
- **Avoid** serving too much juice. Serve whole fruit instead of juice whenever possible. Juice can only be claimed once a day. Juice is linked to unhealthy weight gain and is a top calorie source among toddlers.



Better Beverage Tips

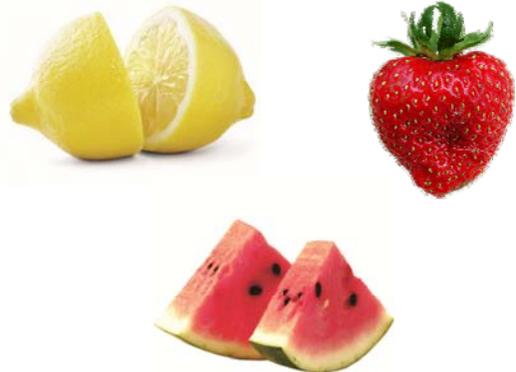


Cow's Milk

- **Children 2 years or older:**
Serve pasteurized fat free (skim) or low-fat (1%) milk.
- **Children 1-2 years old:**
Serve pasteurized whole milk.
- Exceptions require a milk substitution or medical form.

Water

- Make water readily available throughout the day, especially during active play and warm weather.
- Add fun flavors to water. Try watermelon, lemons, oranges, limes, berries, basil, or mint.



Juice

- Serve 100% juice no more than one time per day.
- Only 100% full-strength fruit or vegetable juices are creditable.

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