

What Should Young Children Drink?

The best drinks for preschoolers — and for kids of all ages — are milk and water.

- Children between one and two years old should be drinking whole milk and/or breast milk.
- Preschoolers should consume 2 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 of 100% juice, about 4-6 ounces, a day.
- Kids may be less likely to drink enough milk if soda and other sugar-sweetened beverages are available.

| DRINK | SIZE | CALORIES | SUGAR |
|---------------------------------------|----------|----------|-------|
| Water | 8 ounces | 0 | 0g |
| Low-Fat Milk | 8 ounces | 100 | 11g |
| 100% Orange Juice | 8 ounces | 110 | 22g |
| Juice Drink (10% fruit juice) | 8 ounces | 150 | 38g |
| Powdered Drink Mix (with sugar added) | 8 ounces | 90 | 24g |
| Soda | 8 ounces | 100 | 27g |

What Parents Can Do:

- Promote water and low fat milk as the drink of choice.
- Provide low fat milk, skim milk, and other milk alternatives in place of whole milk.
- Use the Drink Comparison Chart 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.



Adapted from KidsHealth.org



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