

Choosing a Healthy Drink

Water, low-fat or fat-free milk, and small servings of 100% juice are the healthiest options.



Water is always the best choice

- Children over age 2 should have water more frequently than any other beverage. Serve water with meals and snacks instead of other sugary drinks.
- Add a splash of 100% juice with water to seltzer water to create a healthy, homemade fruit drink.



Plain, low-fat or fat-free milk

- Choose skim milk or low-fat milk.
- Avoid flavored milks which often contain 13 grams or more of added sugar, almost the entire amount of added sugar that a 4-8 year-old child should have all day.



100% juice

- Children less than 2 years old should not consume any juice.
- Be careful of portion sizes. Just 4 ounces of juice (half the size of a normal drinking cup) is one serving for young children. Older children can have up to 8-12 ounces per day. Buy small juice cups to make it easy to stick to the right serving size and never put juice in bottles, sippy cups, or large drink containers.

Good to know...

- Check the label for the % juice in a fruit drink- it is often 10% or less- the lower the percentage, the more added sugar in the drink.
- The fronts of packages often have many nutrition claims about added vitamins and minerals. These vitamins can be easily obtained from food and there is no need to supplement children's diets with fortified sugary drinks.
- Introduce juice and sugary drinks as late as possible. Children develop a taste for sweet things and eating sweet things less frequently is a good idea for dental health and overall health as well.