

New Healthy Beverage Recommendations for Kids 0-5

Research shows that what young kids drink is just as important as what they eat. It's vital to give them the nutrition and hydration they need now to teach them healthy habits as they grow.

New recommendations have been released from some of the nation's leading health and nutrition organizations on what drinks are best for the healthy growth and development of kids ages five and under.



Children 5 & Under

Avoid drinking flavored milks, toddler formulas, plant-based/non-dairy milks, caffeinated beverages and sugar- and low-calorie sweetened beverages.

0-6 Months

Babies need only breast milk or infant formula to get enough fluids and proper nutrition.

6-12 Months

Offer small amounts of drinking water once solid foods are introduced (just a few sips at meal time). No Juice.

12-24 Months

Whole milk and plain drinking water. Small amounts of 100% fruit juice. Small pieces of real fruit.

2-5 Years

Milk and water are to go-to beverages. Skim milk or 1% milk. Diluted 100% fruit juice.

The report outlines recommendations developed by experts at the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association under the leadership of Health Eating Research and with funding from the Robert Wood Johnson Foundation.

You can find the complete report, along with fun, informative materials like videos and printouts at [Healthy Drinks Healthy Kids](https://5210.psu.edu).

Here are some examples of top hydrating foods!



For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu