

Tips for Choosing A Healthy Drink

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

Water is always the best choice

- Water should be the beverage that children (over age two) consume most frequently.
- Serve water with meals and snacks.
- For variety, try adding pieces of fresh fruit, vegetables, or fresh herbs to create a delicious alternative to plain water.
 - Suggestions include: orange wedges, strawberries, cucumber slices, fresh mint, or a bit of seltzer water for a refreshing, healthy beverage



Choose plain, low-fat or fat-free milk

- Skim or low-fat milk provides 9 essential nutrients for children and adults.
- Avoid flavored milk, which may contain 13 grams or more of added sugar (almost the entire amount of added sugar that a 4-8 year-old child should have in a day!).
- Milk is **nutrient dense** and provides calcium, potassium, vitamin D, and protein as well as other nutrients with relatively few calories.



Choose 100% juice in moderation

- Choose only juice that is 100% (no added sweeteners).
- Children less than two years old should not consume any juice and other children should limit their intake to no more than a small serving per day.
- Limit portion sizes and never serve in bottles, sippy cups, or large containers.
- Try adding ice or diluting 100% juice with water to cut down on the sweetness.



Points to keep in mind when choosing beverages

- Check to determine juice is 100%. You can tell by reading the ingredient statement or looking just above the nutrition facts panel for the % of juice. The lower the % juice, the more added sweeteners in the drink (so choose only 100%!).
- Beware of health claims on drinks such as 100% DV vitamin C –drinks can be easily fortified and may not be 100% juice.
- Children naturally develop a taste for sweet foods and beverages so it is best to introduce juice and other sugary drinks as late as possible.
- Sugar in drinks as well as the acid in certain sodas and juices increases the risk of cavities.

