

Healthy Beverage Consumption in Early Childhood

SUMMARY OF KEY PANEL FINDINGS AND RECOMMENDATIONS

	0-6 months	6-12 months	12-24 months	2-3 years	4-5 years
 Plain drinking water	not needed	0.5-1 cups/day	1-4 cups/day	1-4 cups/day	1.5-5 cups/day
 Plain, pasteurized milk	not recommended		2-3 cups/day whole milk *	≤2 cups/day skim or low-fat milk	≤2.5 cups/day skim or low-fat milk
 100% juice	not recommended		≤0.5 cups/day	≤0.5 cups/day	≤0.5-0.75 cups/day
 Plant milks/ Non-dairy beverages	not recommended		medical indication/dietary reasons only		
 Flavored milk	not recommended				
 Toddler milk	not recommended				
 Sugar-sweetened beverages (SSB)	not recommended				
 Beverages with low-calorie sweeteners (LCS)	not recommended				
 Caffeinated beverages	not recommended				

*If weight gain is excessive, or family history is positive for obesity, dyslipidemia, other cardiovascular disease, your pediatrician may recommend skim or low fat milk at 12-24 months.

Reference

“Healthy Beverage Consumption in Early Childhood”. Consensus Statement. Sept 2019.