

# What should my young child drink?



## Plain Milk & Water:

The only drinks children need



Plain milk for calcium, vitamin D and protein (or breastmilk);

Plain water for thirst



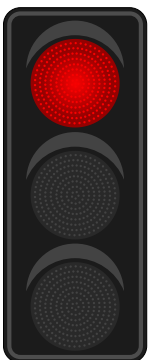
## 100% Juice:

OK in small amounts



One small cup of 100% juice per day or less

1-3 year-olds: 4 oz or less  
4-5 year-olds: 4-6 oz or less



## Sweetened drinks

No drinks with added sugar or diet sweeteners



Drinking sweetened drinks during early childhood is linked to cavities and developing a preference for sweet taste