What should kids drink?

But I thought juice was healthy!

If your children are thirsty, their bodies are asking for water.

For vitamin C, the best choice is whole fruit, like an orange.

The best choice is also the easiest.


up to 6 months
only breastmilk or formula

6 months to 1 year
breastmilk or formula, and a little water in a cup when starting solid food

1 year and older
milk or water in a cup

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Son or daughter? MILK OR WATER!

Milk and water are the most nutritious and satisfying drinks for children.

Soda, fruit punch, sports drinks, and juice (even 100% fruit juice) have too much sugar and too many calories.

A 12 ounce soda and a 12 ounce orange juice both have about 10 teaspoons of sugar.

Too much sugar can cause:
- Tooth decay
- Obesity
- Diabetes

Is your child thirsty? When it comes to choosing what their children drink, great parents keep it simple.

Make it easy:
- Keep a pitcher or jar of cool water in the fridge or on the kitchen counter.

Make it fun:
- Add a squeeze of lemon or a slice of fruit.

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