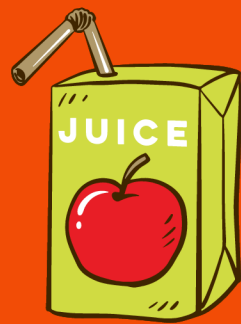


DRINKS TO AVOID FOR BABIES AND TODDLERS

100% JUICE

Juice is very sweet and doesn't offer any dietary fiber. Once your child develops the taste for juice it will be hard to encourage them to drink water and milk, the healthiest options. Offer whole fruit instead of juice.



FLAVORED MILK

Flavored milks, like chocolate, strawberry, and vanilla milk, have added sugar. Offer regular milk instead to minimize added sugar.



SUGARY DRINKS

This includes lemonade, sweet tea, sports drinks, and fruit-flavored drinks. It also includes drinks with stevia or artificial sweeteners.

A good alternative is water with fresh, frozen, or canned fruit to add flavor.



SODA

Soda contains a lot of added sugar, and often also contains caffeine. Added sugar should be avoided for children 2 and under, and limited for children under 5.



Avoid all drinks containing caffeine.

PLANT-BASED "MILK"

Plant-based milks are not nutritionally equivalent to cow's milk, and are missing important nutrients like protein, vitamin D, and calcium.

The exception is soy milk. Soy milk is a good alternative to cow's milk.

