

What Should Kids Drink?

WATER

6-12 months



4-8 oz a day

12-24 months



8-32 oz a day

2-5 years



8-40 oz a day

- Serve anytime
- Choose tap water
- Only water between meals

MILK

0-12 months



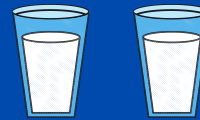
Breast milk or formula only

12-24 months



16-24 oz a day

2-5 years

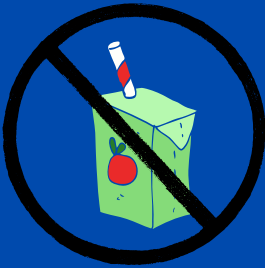


16-20 oz a day

- Serve at meals
- Choose low fat white milk
- Flavored milks often have added sugar

JUICE

0-12 months



Not recommended

1-4 years



≤ 4 oz a day

4-6 years



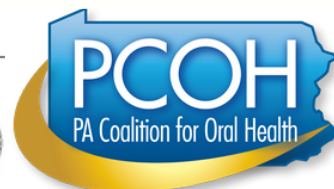
4-6 oz a day

- Serve once in a while only at meals
- Choose 100% fruit juice only

Pennsylvania Chapter

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**Choosing water from the start
will promote a lifetime of
health for your child.**