

Nutrition Minute



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CARING FOR YOUR 2- TO 5-YEAR-OLD

Choosing healthy beverages

Serve water and low-fat milk

Water and low-fat milk are the best drinks for young children.

Water satisfies thirst and is free. Tap water often has fluoride that is good for teeth.

Milk contains important nutrients like calcium and vitamin D that help children build strong bones.

REMEMBER:

- Buy skim or low-fat milk. Whole milk has more fat.
- Give your child two cups of low-fat milk a day.

Limit 100% juice

Did you know fruit is better than juice? Fruit has more nutrients. It has less sugar. It is more filling.

REMEMBER, if you do serve juice:

- Make sure it is 100-percent fruit juice.
- Allow no more than 1/2 cup a day.
- Serve in a cup, not in a bottle.

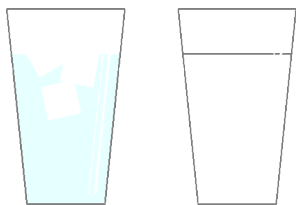
Avoid sweetened drinks

Drinks with added sugar are packed with calories and don't provide nutrients children need.

REMEMBER:

- Stay away from soda, sports drinks, iced tea and other sugar drinks.

SERVE



WATER, LOW-FAT
OR SKIM MILK

LIMIT



100% JUICE

AVOID



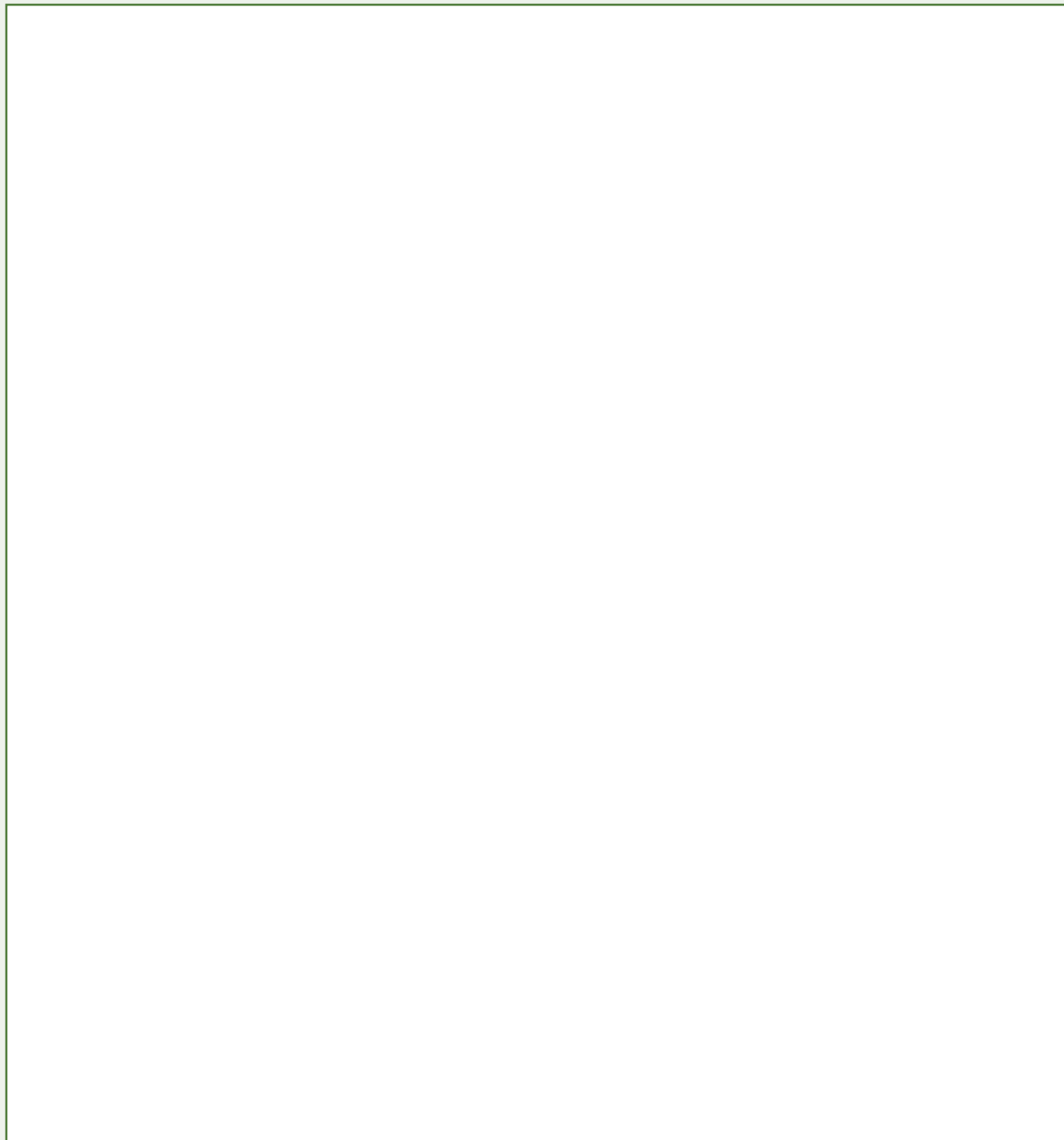
SWEETENED ICED TEA,
SODA, SPORTS DRINKS

Questions? Talk to your medical provider.

What should we drink?

Ella wants something to drink. Her favorite drinks are water and low-fat milk. Sometimes, her mother gives her a small glass of 100 percent orange juice or apple juice. Ella likes to use a cup for her drinks.

Draw a picture of Ella enjoying a healthy drink.



See other side for important information for parents.