



Healthy Drinks by Age

A fridge door guide for babies, toddlers and preschoolers.



Age	Water	Milk	100% juice
Under 12 months	Small sips from about 6 months, if your pediatrician agrees	Breast milk or infant formula	None
1 to 3 years	About 1 to 4 cups a day	Plain whole milk at 12 to 24 months, about 2 to 3 cups a day	No more than about 4 oz a day
4 to 6 years	About 1.5 to 5 cups a day	About 2 to 3 cups a day; low fat is common from age 2	About 4 to 6 oz a day

Drinks to save for rare treats

- ☐ Soda and sweet tea
- ☐ Fruit drinks and lemonade
- ☐ Sports and energy drinks
- ☐ Flavored milks
- ☐ Anything with caffeine

General guidance only. Amounts vary with size, activity and weather. Ask your pediatrician about your own child.