



## Beverages

Choose beverages wisely for your preschooler.

**Offer your child fat-free and low-fat milk and water often and small amounts of 100% fruit juice.**

- Make sure your child has water available to drink as needed especially when your child is physically active and when playing outdoors in the summertime.
- Bottled water is usually not better or safer than regular tap water. If you think your tap water is not safe (lead, bacteria, etc.) contact your local Health Department for assistance on getting your water tested.
- Your preschooler needs 2 cups of fat-free or low-fat milk or milk products each day. *(In general, 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.)*
- Serve only pasteurized (not raw) milk and juices to your child.
- Most fruit juices have very little fiber and lots of sugar. Serve your preschooler **only** 1/2 - 3/4 cup (4-6 ounces) of 100% fruit juice per day.
- Sweetened beverages called “fruit punch” or “fruit drinks” look like juice and contain very little fruit juice. Avoid serving these drinks, soda, flavored waters and teas and sports drinks to your child.

