

# Healthy Beverages: What are the Best Drinks for My Preschooler?

The best drinks for preschoolers and children of all ages are water and skim or 1% milk!

Try to limit or avoid sugar sweetened drinks such as pop or juice cocktails.



## Benefits of Milk and Water

- ◆ Water provides no-calorie hydration needed for proper body function.
- ◆ Milk provides calcium, vitamin D, and other nutrients needed for muscle and bone development.
- ◆ Preschoolers should consume 2 to 2½ cups (480-360 milliliters) of low-fat or nonfat milk (or equivalent dairy products) every day.

## Dangers of Pop and Sugar Sweetened Drinks

- ◆ Sugar sweetened drinks can contribute to weight gain.
- ◆ Sugar sweetened beverages lack essential nutrients.
- ◆ Sugary drinks can cause tooth decay and cavities.
- ◆ Limit juice to one 4 to 6oz serving daily. Make sure that it is 100 % juice!



Adapted from the article "What Should Preschoolers Drink?" from Nemours Kids Health. Created by AmeriCorps Member Amy Houser.



Healthy  
Siouxland