Birth – 2 Years | Healthy Eating

Avoid sugary drinks to make room for healthy foods.

BIRTH

Don’t give any water until your child is 6 months old.

From birth – 1 year, don’t give any juice or sugary drinks.

6 MOS

After 6 months, you can offer water with solid foods.

From 1 to 2 years, if you choose to offer juice, do not give more than 4 ounces (1/2 cup) a day along with a meal. Try offering cut up pieces of fruit instead of juice.

1 YEAR

2 YEARS

From 1 to 2 years, don’t give any sugary drinks such as soda, sports drinks, lemonade, and fruit punch.