



Healthy Drink Guidelines for Youth



BEST CHOICES

Water

- **4-8 years:** around 40 ounces a day
- **9 years and older:** around 64 ounces a day.
- These amounts vary by individual and may need to be adjusted depending on levels of activity and environmental conditions like heat and humidity.

Plain, Pasteurized Milk

- **4-8 years:** up to 20 ounces a day plain, pasteurized fat-free (skim) or low-fat (1%) milk, depending on water consumption.
- **9 years and older:** up to 24 ounces a day of plain, pasteurized fat-free (skim) or low-fat (1%) milk, depending on water consumption.
- Parents/caregivers and doctors should be consulted before serving any plant-based milk substitutes.

DRINKS TO LIMIT

100% Juice

This includes 100% fruit and vegetable juice blends.

- **4-6 years:** No more than 4 ounces of 100% juice a day.
- **7-18 years:** No more than 8 ounces of 100% juice a day.

Flavored Milk

- Even though it has the benefits of the calcium and vitamins found in milk, flavored milk can be much higher in sugar. These added sugars should be avoided to discourage a preference for sweet flavors, which can make it difficult to have success when offering regular milk.

Sugar-Sweetened Beverages (SBBs)

- These drinks discourage a habit of drinking plain water, and can add extra “empty calories” to the diet. They can also leave children & youth less hungry for the nutritious foods they really need.
- Examples include: soft drinks, soda, fruit or juice drinks, fruit-flavored drinks, fruit-ades, sports drinks, energy drinks, sweetened waters, and sweetened coffee and tea beverages.