

Water First For Thirst!

Healthier drinks for healthier kids.

WATER:

- When your child says, “I’m thirsty,” offer water before any other drink.
- Be a role model...drink water in front of children.
- Have water available at meals and snacks.

MILK: Make sure you’ve got the right milk.

- Choose fat-free or low-fat milk for children 2 years and older.
- Choose whole milk for children ages 12-24 months old.
- Breast milk is best for the first 12 months of life.

JUICE: Juice is not a must — even 100% juice has natural sugars and can fill kids up. Recommendations for 100% juice:

- 4 oz (1/2 cup) or less per day for children 6 months to 3 years.
- 6 oz (3/4 cup) or less per day for children 3 years and older.



Make Water Fun

- Add sliced citrus fruits or berries for flavor
- Put in fresh mint or basil to jazz things up
- Have children decorate their own water cup

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit www.publichealth.columbus.gov

