



Healthy Beverages

Infants

Breastfeeding

- If breastfeeding is harder than you thought it would be you are not alone!
- Lots of people say that breastfeeding just comes “naturally” but for many moms, it doesn’t.
- Going back to work and wanting to get back into a normal family routine can make it hard to stick with breastfeeding. Using a breast pump can help ensure your baby still gets the best nutrition.
- If you need support or help at any time while you are breastfeeding, talk to us or call 1-800-994-9662 (the National Breastfeeding Hotline) for free breastfeeding support.

Bottle Feeding

- Don’t use pillows or other objects to hold a bottle for your baby. This makes it hard for her to spit out the bottle when she’s done—it can cause her to keep eating after she’s full.
- Make sure you take the bottle away if your baby falls asleep. If you let the baby keep the bottle in her mouth when she’s sleeping, formula can stay in her mouth and can damage her teeth or cause her to choke.
- Stick with **ONLY** breast milk or formula for feeding your baby until she is 6 months old. Unless your doctor tells you something different, adding cereal to baby’s bottle adds extra calories to her diet that she doesn’t need.

Toddlers

- Water and low-fat milk are the best beverage choices for your toddler. Toddlers never need soda pop or sports drinks.
- Toddlers need about 3 servings (1/2 cup for this age) of milk each day.
- Skip the juice and stick with water. Sometimes young children fill up on juice and then don’t want to eat healthier foods.
- Try letting your child pick out a favorite, special cup for water only.
- If you choose to give other drinks, limit it to 4–6 ounces a day of 100% juice or low-fat, low-sugar, flavored milk.

Preschoolers

- Milk and water are still the healthiest choices for your preschooler.
- Eat fruits instead of drinking juice. Offer cut up bananas, strawberries, grapes or other fun finger food for snacks.
- If you decide to allow some juice or punch at a party, mix in some water so it’s less sugary.