

How much should my child drink?

Milk

Age	Type of milk	How much per day?
0-1 years old (0-12 months)	Breastmilk or formula only	When your baby wants it
1-2 years old (12-24 months)	Whole milk*	2 cups (16 oz)
2-4 years old	Low -fat, fat-free, or skim milk*	2-2.5 cups (16-20 oz)
4-8 years old	Low -fat, fat-free, or skim milk*	2.5-3 cups (20-24 oz)

* 1 cup of milk = 1 cup of yogurt

Remember:

- Too much milk can lead to health problems
- Do not mix milk with sugars, syrups, or powders
- If your child cannot have cow's milk, try goat's milk or plant-based milks, like almond or soy milk

Water

Age	How much per day?
0-6 months	None
6-12 months old	When your baby wants it
1-3 years old	When your baby wants it
4-8 years old	5 cups (40 oz)

How much should my child drink?

Fruit and Fruit Juice

Age	How much fruit or fruit juice?
0-6 months	None
6-8 months	1/2 cup pureed fruit
8-10 months	1/2-1 cup pureed/mashed/soft fruit
10-12 months	1 cup fresh fruit
1-3 years	1 cup fresh fruit or 1/2 cup dried fruit or 4 oz juice
3-6 years	1-1.5 cups fresh fruit or 1/2-3/4 cup dried fruit or 4-6 oz juice
7 years or older	1-1.5 cups fresh fruit or 1/2-3/4 cup dried fruit or 8 oz juice

Tips

- Fruit is healthier than juice and has less sugar
- Make your own baby food! Boil the fruit, mash the fruit, and let the fruit cool
- Fresh fruit and dried fruit have less sugar than fruit cocktail or fruit from a can
- Kids don't need juice at all, but if you want to give it to them
 - Look for 100% fruit juice
 - Mix fruit juice with water



Talk to your nutritionist if you have more questions!

Care you feel good about. 866.246.8259 www.chnny.org

