

Ages 5–18

# Recommendations for Healthy Beverage Consumption

## DRINK

Best Option!



### Plain Drinking Water

5–8 years old	9–13 years old	14–18 years old
16–40 fl oz per day	22–61 fl oz per day	29–88 fl oz per day



### Plain Pasteurized Milk\*

5–8 years old	9–13 years old	14–18 years old
up to 20 fl oz per day	up to 24 fl oz per day	up to 24 fl oz per day

## LIMIT



### 100% Juice

5–8 years old	9–13 years old	14–18 years old
less than 4–6 fl oz per day	less than 6–8 fl oz per day	less than 8 fl oz per day



### Plant-Based Milk Alternatives

May be appropriate for specific medical reasons (e.g., allergy to dairy proteins) or dietary needs (e.g., vegan); otherwise, plant-based milk alternatives are not recommended as a substitute for cow's milk because they are not nutritionally equivalent and often contain added sugars, non-sugar sweeteners, and other additives.



### Flavored Milk

Frequent consumption is not recommended due to high amounts of added sugar.

## AVOID



### Beverages with Caffeine and Other Stimulants



### Sugar-Sweetened Beverages



### Beverages with Non-Sugar Sweeteners

Learn more about what experts recommend at [HealthyEatingResearch.org](https://www.healthyeatingresearch.org).

\*This is the recommended amount of dairy that kids consume each day to meet their nutrition needs. Kids do not need to meet their dairy needs by just drinking milk, they can also eat other foods from the dairy group like yogurt and cheese. Nutritionally, 8 fluid ounces of milk is equivalent to about 1 cup of yogurt or 1.5 ounces of cheese.

