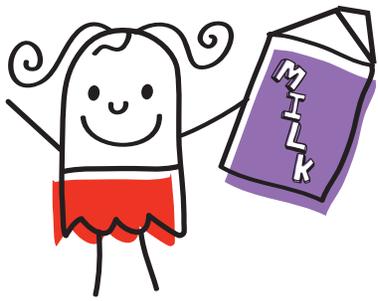


I'M
THIRSTY





BEVERAGES

Birth - 11 months



To prevent tooth decay, don't put sugary beverages in the bottle.

AGE	 RECOMMENDED	 NOT RECOMMENDED
0 - 3 months	Breast milk (preferred) Iron-fortified infant formula	Other foods at this age
4 - 7 months	Breast milk (preferred) Iron-fortified infant formula	Food or drink other than breast milk and/or iron-fortified infant formula in a bottle unless medically necessary Cow's milk or lactose-free milk or nutritionally-equivalent beverages like soy or rice milk
8 - 11 months	Breast milk (preferred) Iron-fortified infant formula Water with no added sweeteners	100% fruit and vegetable juices (with no added sweeteners) until 12 months of age Soft drinks Sports/energy drinks Sugary beverages including fruit-based drinks with added sweeteners, sweetened iced teas, punch, etc. Artificially sweetened beverages including diet soft drinks, teas, lemonade, etc. Caffeinated beverages

Rationale

Why is juice not recommended for infants until 12 months of age or older?

- We recommend whole fruits and vegetables, rather than juice, for infants during the first year of life because they provide nutrients and fiber that may be lost in the processing of juice.

Why should no food or drink other than breast milk or iron-fortified infant formula be served in the bottle?

- Food added to a bottle does not help infants sleep through the night.
- This practice deprives infants of the opportunity to learn to regulate their food intake.

Why are sugary beverages not recommended?

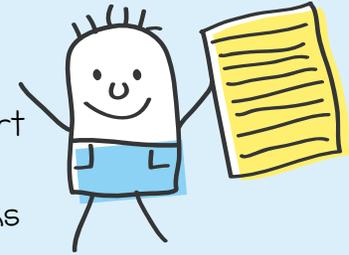
- Sports and soft drinks are high in calories and low in key nutrients.
- Breast milk or iron-fortified formula and water are the only beverages recommended for children during their first 12 months to meet their nutrient needs.
- Consumption of sugary beverages is associated with:
 - Calcium deficiency because sugary beverages displace milk.
 - Tooth decay.
 - Overweight or obesity.

Portion Size

Watch for hunger and fullness cues. Signs of hunger in infants may be: sucking noises or sucking on fist or fingers, fussiness, or crying.

Signs of fullness may be: sealing the lips together, decreasing the amount of sucking, spitting out or refusing the nipple, pushing or turning away from the breast or bottle.

AGE	ITEM	MEALS	SNACKS
0 - 3 months	Breast milk (preferred) Iron-fortified infant formula	4 - 6 oz.	
4 - 7 months	Breast milk (preferred) Iron-fortified infant formula	Approximately 4 - 8 oz.	4 - 6 oz.
	Water with no added sweeteners	Small amount can be given after breast milk or iron-fortified infant formula. Water can be used for practicing cup use.	
8 - 11 months	Breast milk (preferred) Iron-fortified infant formula	Approximately 6 - 8 oz.	2 - 4 oz.
	Water with no added sweeteners	Small amount can be given after breast milk or iron-fortified infant formula.	



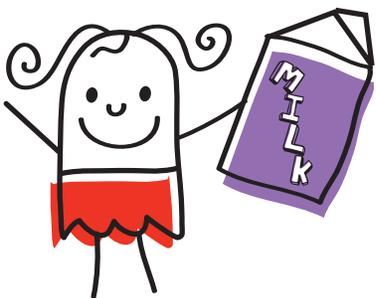
Sample policy support
for program, staff,
and family handbooks

Program and Staff

- Breastfeeding is encouraged and supported for infants of breastfeeding mothers. If a mother wishes to breast feed exclusively, the program will make every effort to provide breast milk to the child and supplement only when breast milk is gone.
- To support children's healthy eating habits, hunger and fullness cues will be observed and supported.
- Following the American Academy of Pediatrics recommendations, this program will not serve any food or drink other than breast milk and/or iron-fortified infant formula in a bottle unless medically necessary.
- We at (name of the program) are committed to our children's health. We recognize the importance of the staff as positive role models for the children as they learn to live healthy lives. Therefore, the staff will not drink soda and sugary beverages in front of the children in their care.
- We at (name of the program) are committed to children's nutrition and recognize the importance of adults as positive role models on children's behavior. Therefore, during functions or meetings at the center, we will only permit water, milk, or 100% fruit juice to be served.

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff model healthy eating behaviors throughout the day. We ask for your support by not packing any food or drink other than breast milk and/or formula in a bottle unless medically necessary.



BEVERAGES

1 - 2 years



Following the American Academy of Pediatrics recommendations, our program will encourage children over a year of age to exclusively use a cup instead of a bottle.



RECOMMENDED

- For children aged 1-2 years: whole milk
- For children ages 24+ months: 1% or fat-free milk
- Water with no added sweeteners
- 100% fruit and vegetable juices with no added sweeteners



LIMIT

- 100% fruit and vegetable juices (with no added sweeteners) to no more than 1/2 cup (4 oz.) per day



NOT RECOMMENDED

- Soft drinks
- Sports/energy drinks
- Sugary beverages including fruit based drinks with added sweeteners that contain less than 100% real fruit juice, sweetened iced teas, punch, etc.
- Artificially sweetened beverages including diet soft drinks, teas, lemonade, etc.
- Caffeinated beverages

Portion Size

ITEM	MEALS	SNACKS
Water	Exempt from portion limit	
100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
Milk	Whole milk for children 12 to 24 months 1% or fat-free for children 24+ months 1/2 cup (4 oz.) during meals for children 1 - 2 years old	1/2 cup (4 oz.)

Rationale

Why milk?

- Low calcium intake is one of the more significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products are high in nutritional value and provide calcium, protein, and Vitamin D for bone growth and development.
- The American Academy of Pediatrics recommends the daily consumption of milk, cheese, yogurt, and other calcium-rich foods to help build strong bone mass in all growing children and adolescents.

Why whole milk for children younger than 2 years old?

- The American Academy of Pediatrics recommends serving whole milk to children under 2 years of age.
- Whole milk provides some fats that are necessary for early growth and brain and spinal cord development.

Why 1% or fat-free milk for children aged 2 years and older?

- The American Academy of Pediatrics recommends serving 1% or fat-free milk to children aged 2 years and older.
- 1% and fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Why limit juice?

- The Dietary Guidelines for Americans recommends limiting juice to one 4-ounce serving a day in younger children.
- Excessive juice consumption may be linked to overweight or obesity.
- Excessive juice consumption is associated with tooth decay and diarrhea in children.
- Whole fruits and vegetables are preferred to juice because they provide nutrients and fiber that may be lost in the processing of juice.

Why are sugary beverages not recommended?

- Sports and soft drinks are generally high in calories and low in nutrients.
- Consumption of sugary beverages is associated with:
 - Calcium deficiency because sugary beverages displace milk.
 - Overweight or obesity.
 - Tooth decay.

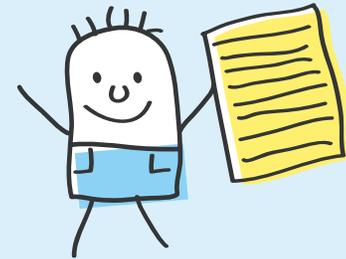
Why no diet beverages or artificial sweeteners?

- Children have little tummies and while diet and artificially sweetened beverages have few calories, they may displace the intake of more nutritious drinks such as 1% or fat-free milk that children need in order to grow.

Why no other food or drink in the bottle?

- By age 1, all children should be drinking exclusively from a cup.
- Tooth decay is linked to using a bottle after 12 months of age.

Sample policy support
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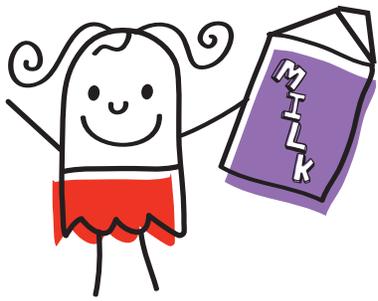


Program and Staff

- We at (name of the program) are committed to our children's health. We recognize the importance of the staff as positive role models to the children as they learn to live healthy lives. Therefore, the staff will not drink soda and sugary beverages in front of the children in their care.
- We at (name of the program) are committed to children's nutrition and we recognize the importance of adults as positive role models on children's behavior. Therefore, during any functions or meetings, we will only permit water, milk, or 100% juice to be served.
- We will only serve:
 - Whole milk for children younger than 2 years old
 - 1% or fat-free milk for children aged 2 years and older
- Following the American Academy of Pediatrics recommendations, our program will encourage children over a year of age to use a cup exclusively, instead of a bottle.
- Following the American Academy of Pediatrics recommendations, this program will not serve any food or drink, other than breast milk and/or iron-fortified infant formula, in a bottle unless medically necessary.
- Water will be clearly visible and available to the children at all times (indoors and outdoors).
- We will continue supporting families who are breastfeeding beyond 12 months.

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff model healthy eating behaviors throughout the day. We ask for your support by:
 - Packing healthy lunches and snacks including only water, milk, or 100% juice (limit to 1/2 cup or 4 oz.). When packing milk please provide:
 - Whole milk for children younger than 2 years old
 - 1% or fat-free milk for children aged 2 years and older
 - Bringing healthy foods for celebrations and holiday parties, including water, milk, or 100% juice. When packing milk please provide:
 - Whole milk for children younger than 2 years old
 - 1% or fat-free milk for children aged 2 years and older



BEVERAGES

3 - 5 years



Whole fruits and vegetables are preferred to juice because they provide nutrients and fiber that may be lost in the processing of juice.

GO RECOMMENDED

- 1% or fat-free milk
- Water with no added sweeteners
- 100% fruit and vegetable juices with no added sweeteners

CAUTION LIMIT

- 100% fruit and vegetable juices to no more than 1/2 cup (4 oz.) per day

STOP NOT RECOMMENDED

- Soft drinks
- Sports/energy drinks
- Sugary beverages including fruit based drinks with added sweeteners that contain less than 100% real fruit juice, sweetened iced teas, punch, etc.
- Artificially sweetened beverages including diet soft drinks, teas, lemonade, etc.
- Caffeinated beverages

Portion Size

ITEM	MEALS	SNACKS
Water	Exempt from portion limit	
100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
1% or fat-free milk	3/4 cup (6 oz.)	1/2 cup (4 oz.)

Rationale

Why milk?

- Low calcium intake is one of the more significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products are high in nutritional value and provide calcium, protein, and Vitamin D for bone growth and development.
- The American Academy of Pediatrics recommends the daily consumption of milk, cheese, yogurt, and other calcium-rich foods to help build strong bones in all growing children and adolescents.

Why 1% or fat-free milk for children aged 2 years and older?

- The American Academy of Pediatrics recommends serving 1% or fat-free milk to children aged 2 years and older.
- 1% or fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Why are sugary beverages not recommended?

- Sports and soft drinks are high in calories and low in nutrients.
- Consumption of sugary beverages is associated with:
 - Calcium deficiency because sugary beverages displace milk.
 - Overweight or obesity.
 - Tooth decay.

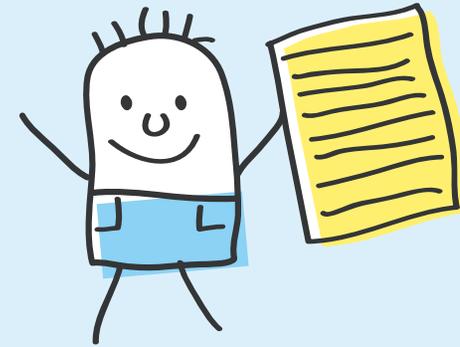
Why limit juice?

- The Dietary Guidelines for Americans recommends limiting juice to one 4-ounce serving a day in younger children.
- Excessive juice consumption may be linked to overweight or obesity.
- Excessive juice consumption is associated with tooth decay and diarrhea in children.
- Whole fruits and vegetables are preferred to juice because they provide nutrients and fiber that may be lost in the processing of juice.

Why no diet beverages or artificial sweeteners?

- Children have little tummies and while diet and artificially sweetened beverages have few calories, they may displace the intake of more nutritious drinks such as 1% or fat-free milk that children need in order to grow.

Sample policy support
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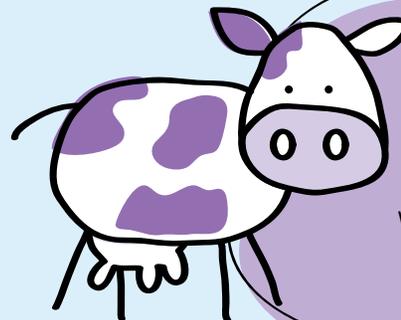


Program and Staff

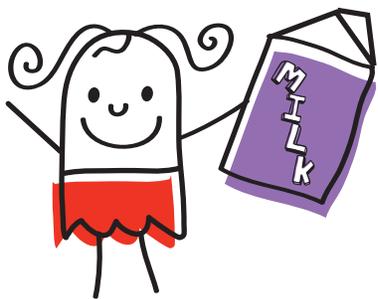
- We at (name of the program) are committed to our children's health. We recognize the importance of the staff as positive role models for children as they learn to live healthy lives. Therefore, the staff will not drink soda and sugary beverages in front of the children in their care.
- We at (name of the program) are committed to children's nutrition and we recognize the importance of adults as positive role models on children's behavior. Therefore, during any functions or meetings at the center we will permit only water, milk, or 100% juice to be served.
- We will only serve:
 - 1% or fat-free milk for children aged 2 years and older
 - Whole milk for children younger than 2 years old
- Water will be clearly visible and available to the children at all times (indoors and outdoors).

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff models healthy eating behaviors throughout the day. We ask for your support by:
 - Packing healthy lunches and snacks including only water, milk, or 100% juice limited to 1/2 cup (4 oz.). When packing milk, please provide 1% or fat-free milk for children aged 2 years and older.
 - Bringing healthy foods for celebrations and holiday parties, including water, milk, or 100% juice. Please provide 1% or fat-free milk for children aged 2 years and older. 1% and fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and fat.



Milk and milk products
are high in nutritional
value and provide
calcium, protein, and
Vitamin D for bone growth
and development.



BEVERAGES

6 - 12 years



For 100% fruit and vegetable juices with no added sweeteners, the recommended serving size is no more than 1/2 cup (4 oz.) per day.



RECOMMENDED

- 1% or fat-free milk
- Water with no added sweeteners
- 100% fruit and vegetable juices with no added sweeteners



LIMIT

- 100% fruit and vegetable juices to no more than 1/2 cup (4 oz.) per day



NOT RECOMMENDED

- Soft drinks
- Sports/energy drinks
- Sugary beverages including fruit based drinks with added sweeteners that contain less than 100% real fruit juice, sweetened iced teas, punch, etc.
- Artificially sweetened beverages including diet soft drinks, teas, lemonade, etc.
- Caffeinated beverages

Portion Size

ITEM	MEALS	SNACKS
Water	Exempt from portion limit	
100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
1% or fat-free milk	1 cup (8 oz.)	1 cup (8 oz.)

Rationale

Why milk?

- Low calcium intake is one of the more significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products are high in nutritional value and provide calcium, protein, and Vitamin D for bone growth and development.
- The American Academy of Pediatrics recommends the daily consumption of milk, cheese, and yogurt and other calcium-rich foods for children to help build strong bones in all growing children and adolescents.

Why 1% or fat-free milk for children aged 2 years and older?

- The American Academy of Pediatrics recommends serving 1% or fat-free milk to children aged 2 years and older.
- 1% or fat-free milk contain as much calcium and Vitamin D as 2% and whole milk without the extra calories and saturated fat.

Why are sugary beverages not recommended?

- Sports and soft drinks are high in calories and low in nutrients.
- Consumption of sugary beverages is associated with:
 - Calcium deficiency because sugary beverages displace milk.
 - Overweight or obesity.
 - Tooth decay.

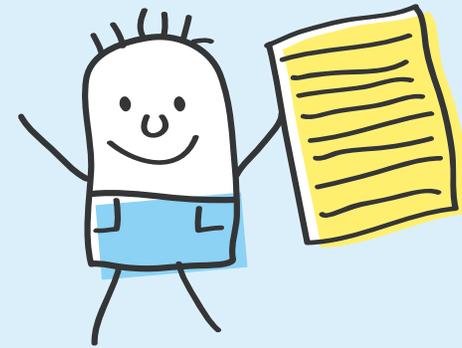
Why limit juice?

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- Excessive juice consumption is associated with tooth decay and diarrhea.
- Whole fruits and vegetables are preferred to juice because they provide nutrients and fiber that may be lost in the processing of juice.

Why no diet beverages or artificial sweeteners?

- While diet and artificially sweetened beverages have few calories, they may displace the intake of nutritious drinks such as 1% or fat-free milk that children need to support growth.

Sample policy support for program, staff, and family handbooks

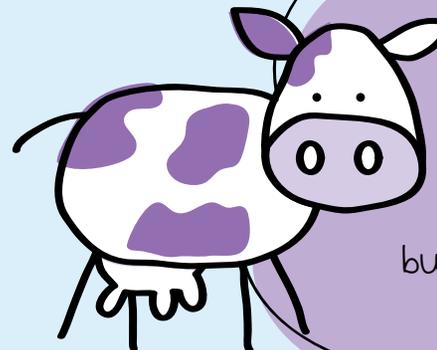


Program and Staff

- We at (name of the program) are committed to our children's health. We recognize the importance of the staff as positive role models to the children as they learn to live healthy lives. Therefore, the staff will not drink soda and sugary beverages in front of the children in their care.
- We at (name of the program) are committed to children's nutrition and we recognize the importance of adults as positive role models on children's behavior. Therefore, during any functions or meetings at the center, we only permit water, milk, or 100% juice to be served.
- We will serve only 1% or fat-free milk.
- Water will be clearly visible and available to the children at all times (indoors and outdoors).

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff model healthy eating behaviors throughout the day. We ask for your support by:
 - Packing healthy lunches and snacks including only water, milk, or 100% juice, limited to 1/2 cup (4 oz.). Please provide 1% or fat-free milk.
 - Bringing healthy foods for celebrations and holiday parties, including water, milk, or 100% juice. Please provide 1% or fat-free milk for children aged 2 years and older.



The American Academy of Pediatrics recommends the daily consumption of milk, cheese, and yogurt and other calcium-rich foods for children to help build strong bones in all growing children and adolescents.



A Note on Introducing Solids

Signs that the infant may be developmentally ready for solids will most likely appear between 4 and 6 months of age:

- absence of tongue thrust reflex
- good neck and head control
- increased demand for breastfeeding

When solid foods are introduced, the AAP recommends that single-ingredient foods be given one at a time.

Wait seven days between offering new foods so that it will be easier to identify the food if the infant experiences an adverse reaction (allergy or intolerance).

As new solid foods are being introduced, it is best to consult with the child's parents (or legal guardian) and/or pediatrician.