



## Appropriate drinks for babies and young children

| Type of drink   | Birth to 6 months  | 6 to 12 months  | 1 to 2 years  | 2 to 5 years   |
|---|--|---|---|--|
| <b>Breastmilk</b>   | Exclusively breastfed  | Breastmilk + solids   | Continue as long as mother and child wish, feeding after food.  | Continue as long as mother and child wish, feeding after food.   |
| <b>Infant formula</b>   | If not receiving breastmilk or in combination with breastmilk. | If not receiving breastmilk or in combination with breastmilk.  | Toddler formula not necessary.  | Toddler formula not necessary.   |
| <b>Cow's milk (full cream and reduced fat)</b><br><br>(fresh, powdered and UHT milk)                | Not suitable   | Not suitable as the main milk drink, but small amount of full cream milk can be added to food, cereal and used in cooking from 6 months of age. | Full cream cow's milk as a drink.   | Reduced fat cow's milk as a drink is suitable.   |
| <b>Soy milk (enriched with calcium)</b><br><br>(fresh or UHT)                                       | Not suitable   | Not suitable  | May be used if child has a cow's milk allergy or intolerance, with approval from parents. Choose full fat soy milk. | May be used if child has a cow's milk allergy or intolerance, with approval from parents. Reduced fat ('lite') soy milk is suitable. |
| <b>Oat, rice, barley almond, quinoa or coconut milk</b>   | Not suitable   | Not suitable  | Not suitable as a replacement for cow's milk (unless medically advised).  | Not suitable as a replacement for cow's milk (unless medically advised).   |
| <b>Water</b>  | Not necessary. Offer extra breastmilk in hot weather.          | Cool boiled water. Encourage using a sipper cup instead of bottle.  | Prompt children to drink water regularly.   | Prompt children to drink water regularly.  |
| <b>Fruit juice</b>  | Not suitable   | Not suitable  | Not necessary. If providing, offer once per day, no more than ½ cup and diluted.                                    | Not necessary. If providing, offer once per day, no more than ½ cup and diluted.   |
| <b>Cordial, soft drink, fruit juice drink, flavoured mineral water, vitamin water, sports drink</b> | Not suitable   | Not suitable  | Not suitable  | Not suitable   |

Source: *Munch and Move* Birth to Five Years Resource Manual, NSW Ministry of Health 2014