

# BEVERAGE GUIDELINES

I'M THIRSTY



The West Virginia Department of Education's Office of Child Nutrition launched **Leap of Taste - WV Child Care Nutrition Standards** to empower child care providers to play an important part in providing nutritious food and teaching children how to make healthy food choices. The standards ensure that child care centers comply with nutritious food guidelines for **beverages, milk, fruits & vegetables, meats and meat alternates, and grains and breads**. By sharing information with families, together we can create a culture that embraces what's best for our children.

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.	
1-2 years	Water	Exempt from portion limit	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
	Milk	<b>Whole milk for children 12 to 24 months</b> <b>1% or fat-free for children 24+ months</b> 1/2 cup (4 oz.) during meals for children 1 - 2 years old	1/2 cup (4 oz.)
3-5 years	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.)
6-12 years	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.)

This is a portion guide for beverages listed by age group. Only recommended beverages are listed.



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