

# Healthy Beverages in Child Care

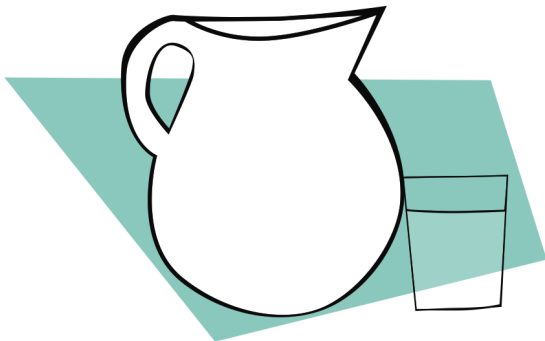
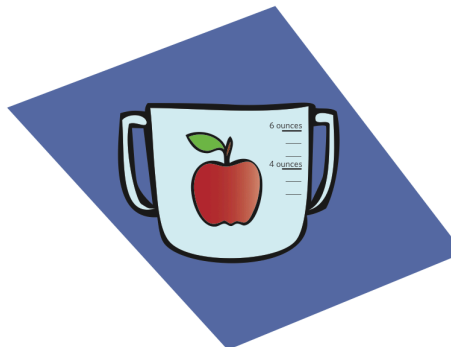
Research shows that unhealthy beverages are a big part of the childhood obesity problem. In 2010, California passed legislation to establish nutrition standards for beverages served in licensed child care centers and family child care homes. These standards went into effect on January 1, 2012.

Only unflavored, unsweetened, **nonfat** (fat free, skim, 0%) or **lowfat** (1%) **milk** can be served to children 2 years of age or older.



**No beverages with added sweeteners**, natural or artificial, can be served, including sodas, sweet teas, juice drinks with added sugars, flavored milk and diet drinks.

A maximum of **one serving** (4 to 6 ounces for 1-6 year olds\*) of **100% juice** is allowed per day.



**Clean and safe drinking water** must be available at all times, including meals and snacks.

\*serving size as per *Preventing Childhood Obesity in Early Care and Education Programs*, American Academy of Pediatrics