Drinks for Baby

Breastmilk is the only food and drink your baby needs for the first 6 months. You may decide to feed your baby infant formula (baby formula) only or in combination with breastmilk.



Breastmilk birth to 2 years or longer

Baby formula instead of or in combination with breastmilk

cow's milk baby formula birth to 9-12 months

other baby formula, like soy or formulas for allergies birth to 2 years or as advised by healthcare team



Milks and plant-based beverages

you can decide if you give your baby these milks along with breastmilk

3.25% milk 9-12 months (12 months for corrected age) offer until 2 years

2%, 1%, skim milk 2 years and older

fortified plant-based beverages (like soy or others) 2 years and older





6-12 months: offer sips does not replace breastmilk or formula

12 months and older: offer when thirsty

Drinks to Avoid

Sugary drinks do not have the nutrition your baby needs and can cause cavities.

Examples:

- 100% fruit juice and fruit drinks
- iced tea
- lemonade
- pop (soda, soft drinks)

Drinks with sugar

substitutes do not offer any nutrition and there is little information on their safety before 12 months.

Examples:

- acesulfame-potassium
- aspartame
- stevia
- sucralose

Drinks with caffeine do not have the nutrition your baby needs and might be unsafe for your baby.

Examples:

- coffee
- cola
- energy drinks
- tea (green and black)

For more information



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a <u>self-referral form</u> on ahs.ca/811.
- Visit <u>ahs.ca/nutrition</u>.
- Visit <u>www.healthyparentshealthychildren.ca</u> and search "feeding your baby."

Starting Solid Foods: Drinks for Baby

Page 2 of 2

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