

Healthy Sips from the Start



Your baby **does not need** added sugar.

Sweet drinks can harm teeth and increase the risk of being overweight.

DRINK GUIDANCE



Offer water, breastmilk, or formula as the main drinks



Do **NOT** use animal milk as the main drink before 12 months



Avoid concentrated fruit juice and sugary drinks

After 12 months

limit cow's milk to about 500 ml per day to avoid filling up on milk instead of more nutritious food.

