

# 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

## Water



### 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 [self-referral form](#) on [ahs.ca/811](https://ahs.ca/811).
- Visit [ahs.ca/nutrition](https://ahs.ca/nutrition).
- Visit [www.healthyparentshealthychildren.ca](https://www.healthyparentshealthychildren.ca) and search “feeding your baby.”