

# Healthy Beverages in Child Care (AB 2084)

**Over twenty percent** of children between the ages of 2 and 5 are overweight or obese and research shows unhealthy beverages are a big part of the problem. In 2010, California passed legislation to establish nutrition standards for beverages served in licensed child care centers and homes.

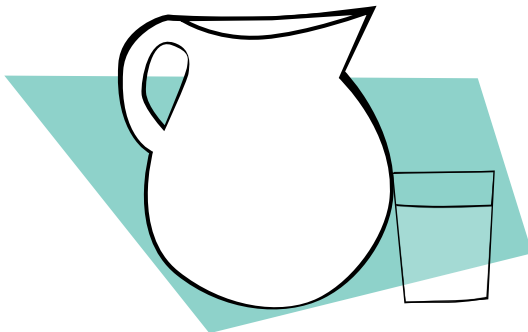
**These standards go into effect on January 1, 2012:**

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



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

A maximum of **one serving** (4 to 6 ounces for 1 to 6 year olds\*) of **100% juice** will be 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