

**KEEP IT SIMPLE.
KEEP IT REAL.**



Water and milk are the only drinks your toddler needs.



UConn
RUDD CENTER
FOR FOOD POLICY & OBESITY

1,000
DAYS

What a child eats and drinks during the early years has lifelong impacts.

That's why 1,000 Days and the UConn Rudd Center created videos to cover what you really need to know about drinks for kids.



Learn more!

<http://uconnruddcenter.org/healthydrinksfortoddlers>