

Promoting Healthy Beverage Consumption Among School-Age Children & Adolescents: New Expert-Backed Recommendations

CHOICES Community of Practice
Coffee Chat



March 27, 2025

Welcome!

Please share your name, title, & organization in the chat.

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- This event is intended to provide information, tools, and resources to inform and educate the audience, and is not an attempt to influence any specific legislation.
- Our guest speakers have been invited to share their personal perspectives and do not speak for Harvard.

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Promoting Healthy Beverage Consumption Among School-Age Children & Adolescents: New Expert-Backed Recommendations



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The increasingly crowded, diverse beverage landscape

- Water (plain and flavored)
- 100% juice
- Cow's milk (plain and flavored)
- Plant-based milk alternatives (plain and flavored)
- Sugar-sweetened beverages
- Beverages with non-sugar sweeteners
- Beverages with caffeine
- Beverages with supplements



Beverages are an often-overlooked component of the diet

2020-2025 DGAs recommend consuming **less than 10% of total calories from added** sugars and suggest that SSBs are not a necessary component of the diet for children and adolescents.

YET,

In 2015–2016, SSBs were the top sources of added sugars for children ages 2-19 y/o. SSB provided the following percentage of total calories from added sugar:

- 21% (9.4 grams) for 2-5 y/o
- 29% (19.9 grams) for 6-11 y/o
- 37% (28 grams) for 12-19 y/o



January 2025

Healthy Beverage Consumption in School-Age Children and Adolescents: Recommendations from Key National Health and Nutrition Organizations



September 2019


Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations



Project Goal

Convene an expert panel of representatives from key national health and nutrition organizations and professional associations to develop a consensus statement on what children and adolescents (ages 5 to 18) should be drinking as part of a healthy diet.

Methods

- 
- Convene expert panel and scientific advisory committee
 - Review of existing recommendations
 - Reviews of the literature by four working groups
 - Discussion and deliberation
 - Development of final consensus recommendations

Convene Expert Panel and Scientific Advisory Committee

■ Expert panel

- Chairs and research consultant appointed by Healthy Eating Research (HER)
- Two representatives appointed by each of the four organizations:
 - Academy of Nutrition and Dietetics (Academy)
 - American Academy of Pediatrics (AAP)
 - American Academy of Pediatric Dentistry (AAPD)
 - American Heart Association (AHA)

■ Scientific Advisory Committee

- Nine members appointed by HER

Discussion and deliberation

The expert panel and SAC met virtually over 5 months to discuss:

- Knowledge gaps
 - Agree on research terms and content
 - Conduct literature reviews
 - Review the evidence
 - Develop final consensus recommendations.
-
- Expert panel member feedback was also gathered via Qualtrics surveys at key decision points.




Development of final consensus recommendations

Final recommendations + supporting rationale were reviewed by the full panel and the scientific advisory committee and refined as needed.



Recommendations were incorporated into a **consensus statement** and supporting **technical scientific report**, which were reviewed by The Academy, AAP, AAPD, and AHA.

These two products were finalized after full consensus was reached by the four organizations, the advisory committee and HER.



Beverages to Drink

	5–8 years	9–13 years	14–18 years
Total Hydration Needs*	40 fl oz of total beverages per day (~5 cups)	54–61 fl oz of total beverages per day (~6.75–7.6 cups)	61–88 fl oz of total beverages per day (~7.6–11 cups)
 Plain Drinking Water**	16–40 fl oz per day (2–5 cups)	22–61 fl oz per day (2.75–7.6 cups)	29–88 fl oz per day (3.6–11 cups)
 Plain Pasteurized Milk	up to 20 fl oz per day (2.5 cup eq/day)	up to 24 fl oz per day (3 cup eq/day)	up to 24 fl oz per day (3 cup eq/day)
 100% Juice	<4–6 fl oz per day (½ to ¾ cup/day)	<6–8 fl oz per day (¾ to 1 cup/day)	<8 fl oz per day (1 cup/day)

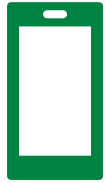
Beverages to Limit

 Plant-Based Milk Alternatives	Only recommended when medically indicated (e.g., milk protein allergy) or to meet specific dietary patterns (e.g., vegan). Choose alternatives that are nutritionally similar to milk, such as unsweetened, fortified soy milk. Avoid plant-based milk alternatives containing added sugar or non-sugar sweeteners.		
 Sweetened Flavored Milk	Avoid or limit consumption due to the high amount of added sugars per serving		

Beverages to Avoid

 Sugar-Sweetened Beverages	Not recommended		
 Beverages with Non-Sugar Sweeteners	Not recommended		
 Beverages with Caffeine and Other Stimulants	Not recommended		

Other Considerations



Deceitful
Marketing



Environmental
Implications



Varying Cultural
Food Ways



Budgetary
Considerations

Policy and Practice Implications

Policy Applications

- Nutrition Standards
 - Children's restaurant meals, marketing standards to children, federal nutrition assistance programs
- Dietary Guidelines for Americans
- Beverage Taxation policies
- Front-of-Pack-Nutrition Labeling

Practice Applications

- Update USDA Team Nutrition resources
- Update SNAP-Ed Library
- Align education across public health agencies (local and state health departments)
- Align and standardize education and counseling provided in health care setting

Message Testing

Materials



Consensus Statement & Technical Report



Materials Translated to Spanish, Vietnamese, Tagalog



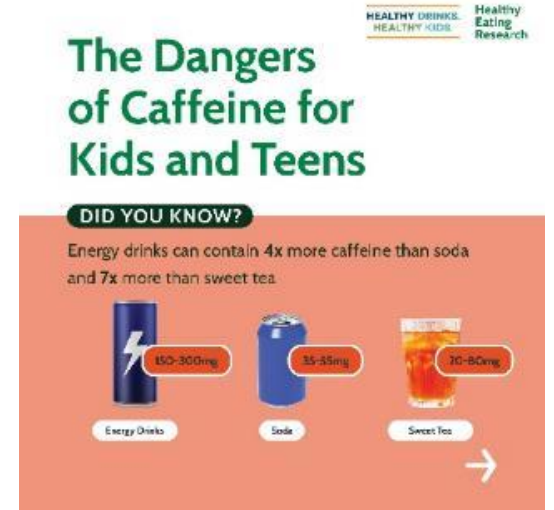
Provider toolkit



Infographic



Fact Sheets



Social Media Campaign

Language Translation

De 5 a 18 años
Recomendaciones para el consumo de bebidas saludables

BEBA

Agua potable sola

De 5 a 8 años	De 9 a 13 años	De 14 a 18 años
De 16 a 40 fl oz por día	De 22 a 61 fl oz por día	De 29 a 88 fl oz por día

Leche pasteurizada sola*

De 5 a 8 años	De 9 a 13 años	De 14 a 18 años
hasta 20 fl oz por día	hasta 24 fl oz por día	hasta 24 fl oz por día

EVITE

Bebidas con cafeína y otros estimulantes

Bebidas azucaradas

Bebidas con edulcorantes

LIMITE

Jugo 100% de fruta

De 5 a 8 años	De 9 a 13 años	De 14 a 18 años
menos de 4 a 6 fl oz por día	menos de 6 a 8 fl oz por día	menos de 8 fl oz por día

Leches vegetales alternativas

Leche saborizada

Conozca más sobre las recomendaciones de los expertos en HealthyDrinksHealthyKids.org.

Healthy Eating Research HEALTHY DRINKS HEALTHY KIDS

Escanee para ver las recomendaciones completas.

Spanish

Tuổi 5–18
Khuyến nghị cho Tiêu thụ Đồ uống Lành mạnh

UỐNG

Nước Uống Nguyên chất

5–8 tuổi	9–13 tuổi	14–18 tuổi
16–40 fl oz mỗi ngày	22–61 fl oz mỗi ngày	29–88 fl oz mỗi ngày

Sữa Tiệt trùng Nguyên chất*

5–8 tuổi	9–13 tuổi	14–18 tuổi
tối đa 20 fl oz mỗi ngày	tối đa 24 fl oz mỗi ngày	tối đa 24 fl oz mỗi ngày

TRÁNH

Đồ uống có Chứa Caffeine và các Chất Kích thích Khác

Đồ uống Tạo Ngọt bằng Đường

Đồ uống có Chất Tạo ngọt Không phải Đường

GIỚI HẠN

Nước ép 100%

5–8 tuổi	9–13 tuổi	14–18 tuổi
ít hơn 4–6 fl oz mỗi ngày	ít hơn 6–8 fl oz mỗi ngày	ít hơn 8 fl oz mỗi ngày

Các Loại sữa Thay thế có Nguồn gốc Thực vật

Sữa có Hương vị

Tìm hiểu thêm về khuyến nghị của các chuyên gia tại HealthyEatingResearch.org.

Healthy Eating Research HEALTHY DRINKS HEALTHY KIDS

Quét để xem toàn bộ khuyến nghị.

Vietnamese

Edad 5–18 Taon
Mga Rekomendasyon para sa Pagkonsumo ng Pampalugos na Inumin,

INUMIN

Simple/Purong Tubig na Inumin

5–8 na taong gulang	9–13 na taong gulang	14–18 na taong gulang
16–40 fl oz bawat araw	22–61 fl oz bawat araw	29–88 fl oz bawat araw

Simpleng Inumin/ Pasteurisadong Gatas*

5–8 na taong gulang	9–13 na taong gulang	14–18 na taong gulang
hanggang 20 fl oz bawat araw	hanggang 24 fl oz bawat araw	hanggang 24 fl oz bawat araw

IWASAN

Mga Inumin may Caffeine at Iba pang Pampasigla

Mga Inumin Pinatamis ng Asukal (Sugar-Sweetened Beverages o SSB)

Mga Inumin May Pampatamis na Hindi Asukal (NSS)

LIMITAHAN

100% Katas (Juice)

5–8 na taong gulang	9–13 na taong gulang	14–18 na taong gulang
wala pang 4–6 fl oz bawat araw	wala pang 6–8 fl oz bawat araw	wala pang 8 fl oz bawat araw

Mga Gatas na Alternatibo na Galing sa Halaman

May Lasang Gatas

Matuto pa tungkol sa kung ano ang inirekomenda ng mga eksperto sa HealthyEatingResearch.org.

Healthy Eating Research MGA INUMIN PAMPALUGOS MGA BARTANG PAMPALUGOS

I-scan upang tingnan ang buong rekomendasyon.

Tagalog

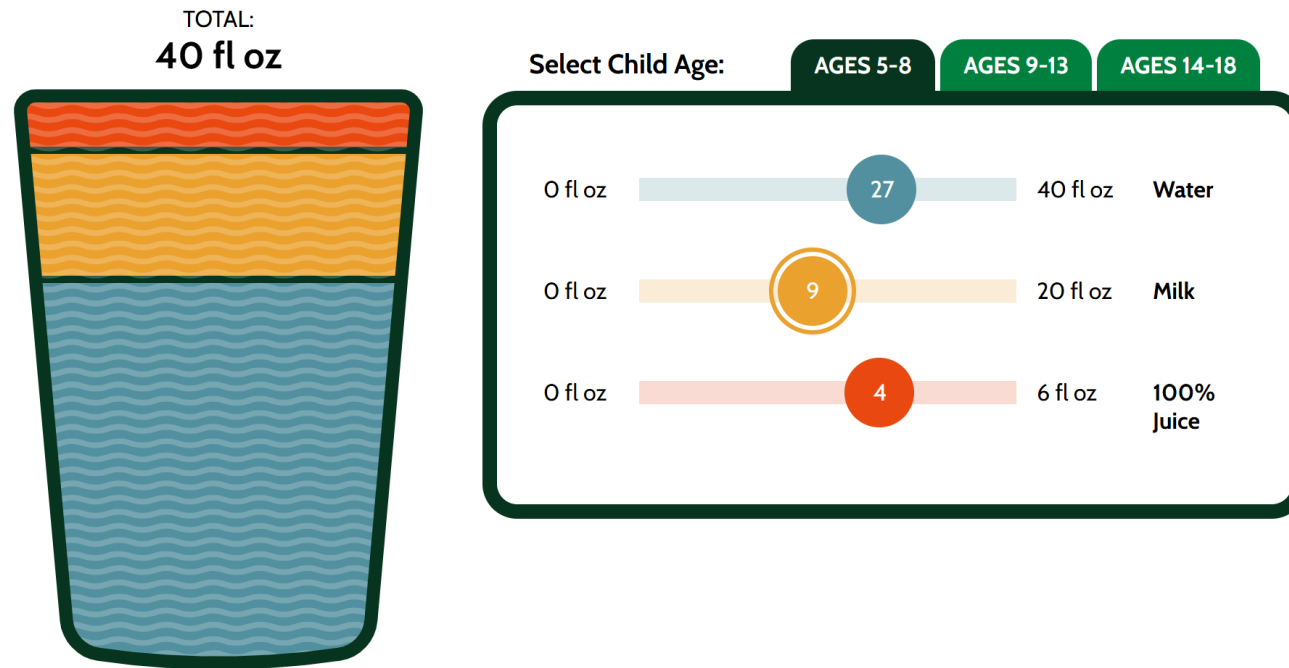
Available at healthyeatingresearch.org

Tools

How can kids meet their daily fluid needs?

A child's daily fluid needs will vary based on age, sex, weight, physical activity, and other factors like climate. All of a child's hydration needs can be met by drinking water. Unsweetened (plain) pasteurized milk is also recommended for kids ages 5-18. If a child drinks milk, they can drink less water to meet their hydration needs. 100% juice is not needed in the diet, although it can be part of a healthy diet. Consumption should be limited.

Use this tool to see how kids of different ages might meet their total hydration needs from beverages:



Available at healthyeatingresearch.org

Translation and Implementation

In the week following release, there were 47 pieces of coverage, with an estimated 2.89 million views of coverage.



Media

Press release & pitching
On-air segment and accompanying online article by the TODAY Show, and online articles by NPR, Health, WebMD, Food & Wine, and Healio.



Social media

Influencer campaign: Instagram, tik tok
Paid ads on Facebook and Instagram, podcasts



Partner outreach

Social media toolkit
Partner toolkit
Model comments for The 2025-2030 Dietary Guidelines for Americans
Scientific reference the new report to inform the final 2025-2030 DGAs.

Consistency and Completeness in Evidence-Based Beverage Recommendations

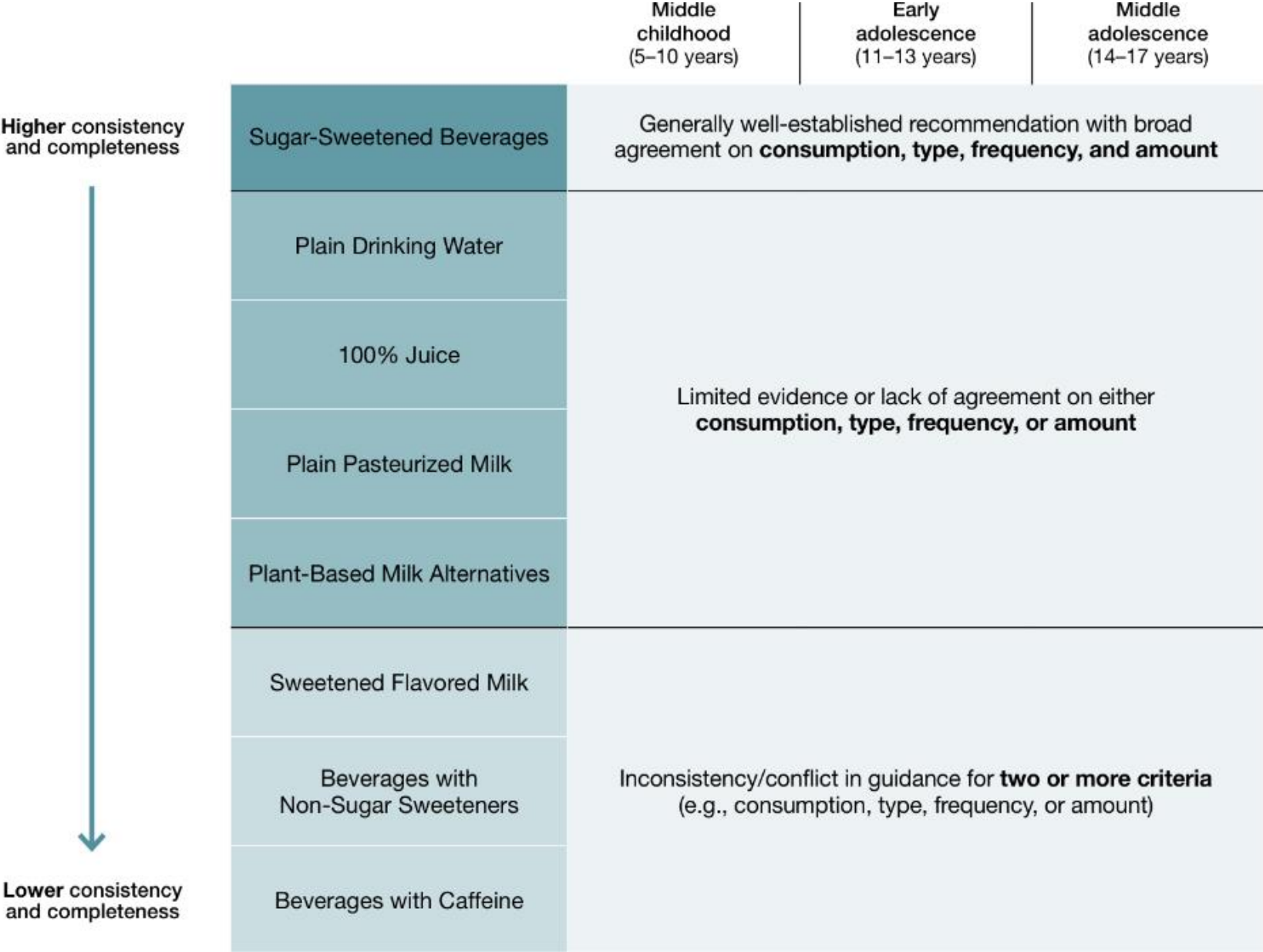


Figure 2 from the Technical Report

Plant-Based Milk Alternatives

Definition: Non-dairy beverages that are derived from plant-based ingredients, such as grains (e.g., rice, oats), nuts/seeds, legumes, or blends of these ingredients, and are often fortified with nutrients found in dairy milk.

Plant-Based Milk Alternatives (PBMA) are not recommended for exclusive consumption in place of dairy milk for healthy children and adolescents unless medically indicated (e.g., milk protein allergy, galactosemia) or to meet specific dietary preferences (e.g., cultural foodways, vegan), as these products are not nutritionally equivalent to cow's milk.

In these cases, fortified soy milk or PBMA that are nutritionally similar to cow's milk are recommended in place of dairy milk. As with dairy milk, PBMA containing added sugars or NSS should be avoided.



Beverages with Non-Sugar Sweeteners (NSS)



AVOID

Definition: Beverages that contain any of the six high-intensity sweeteners approved by the U.S. Food and Drug Administration (FDA) as food additives (saccharin, aspartame, acesulfame-K, sucralose, neotame, and advantame) or three additional plant- or fruit-based high-intensity sweeteners generally recognized as safe and thus permitted for use in the food supply (steviol glycosides, monk fruit, and thaumatin).

Beverages with NSS are not recommended for consumption as part of a healthy diet for children and adolescents.

This expert panel identified little conclusive evidence regarding the short and long-term health impacts of consuming beverages with NSS, particularly among children and adolescents, and therefore concluded that a precautionary approach is prudent.

THANK

YOU



CONTACT US

For more information contact
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Register to join at
choicesproject.org/cop