

# SELECTING THE BEST NON-DAIRY MILK ALTERNATIVE FOR TODDLERS



Read the product label carefully and look for an option that has:

1



Calorie content similar to cow's milk

2



Been fortified with vitamin D, calcium, iodine, DHA, and vitamin B-12

3



No added sugar or flavors

4



No added salt

5



Minimum additives such as guar gum

6



Fewer preservatives



**Note:** Speak to a pediatrician or certified nutritionist to better understand the non-dairy milk substitute choices best suited for your toddler.

## References:

1. Cow's Milk and Milk Alternatives; CDC