



Default Beverages in Children's Meals Policy

ABA and America's leading beverage companies recognize that parents are more than capable of making the food and beverage choices that are best for their families. When it comes to their youngest children, we have repeatedly heard from parents that they believe that water, milk or juice are the best options. However, they also want to be able to select another beverage available on the menu, such as a soft drink, if they choose.

This is why we are committed to working with our restaurant customers across the country who are interested in voluntarily adopting the following default beverages in children's meals:

- Water – Water, sparkling water or flavored water, with no added natural or artificial sweeteners; and/or
- Milk – Flavored or unflavored nonfat or low-fat (1 percent) dairy milk or non-dairy beverage that is nutritionally equivalent to fluid milk (i.e. soy milk) in a serving size of 8 ounces or less; and/or
- Juice – 100 percent fruit or vegetable juice, or fruit and/or vegetable juice combined with water or carbonated water, with no added natural or artificial sweeteners, in a serving size of 8 ounces or less.