



3 SERVINGS OF LOW OR NONFAT MILK OR YOGURT



WHAT BENEFITS CAN MILK AND YOGURT GIVE YOU?

Dairy products like milk and yogurt provide important nutrients. These include:

- Calcium and vitamin D – both are important for kids as they grow to build strong bones and teeth
- Potassium
- Phosphorous
- Magnesium
- Protein



HOW MUCH MILK AND YOGURT DOES A CHILD NEED EACH DAY

- A **2 to 3 year old** should get $\frac{3}{4}$ measuring cup of milk or yogurt 3 times per day.
- A **4 to 8 year old** should get 1 measuring cup of milk or yogurt 3 times per day.
- A **9 to 18 year old** should get 1 measuring cup of milk or yogurt 3-4 times per day.

* For more information on your child's calcium and vitamin D needs, check with their doctor or a dietitian.

JUST THE FACTS ON YOGURT!

- Yogurt can be used as one or more of your daily milk servings.
- Some yogurts have probiotics. This helps keep the balance of bacteria in your gut. This can help keep your immune system healthy.
- Not all yogurts have vitamin D in them. The food label will show if the one you like does. Try to choose those with vitamin D.

JUST THE FACTS ON MILK!

- It is best to drink 2-3 servings of skim (nonfat) or 1% (low-fat) milk a day.
- Skim milk and 1% milk are recommended for anyone who is at least 2 years old. Both kinds of milk have the same nutrients as 2% and whole milk.
- Drinking milk helps you meet your calcium and vitamin D needs.

TIPS TO HELP DRINK MORE MILK:

- Serve milk at each meal.
- Keep milk ice cold. Kids are more likely to drink it if it's cold.
- Use milk to cook oatmeal or other hot cereals.
- Use milk to make pudding for an occasional treat.
- If you don't like plain milk, try a flavored skim milk for no more than one serving per day.

TIPS TO HELP EAT MORE YOGURT:

- Have yogurt as a snack.
- Use fruit-flavored yogurt as a fruit dip.
- Make your own smoothies by blending your favorite frozen fruit with yogurt or milk.
- Layer fruit and yogurt to make a parfait. You can even top it off with granola.
- Use plain yogurt instead of sour cream or mayonnaise in recipes or on a baked potato.



ARE THERE WAYS TO GET THE NUTRIENTS YOU NEED IF YOU DON'T LIKE MILK OR IT HURTS YOUR STOMACH? - YES!

Some people have trouble digesting lactose. This is the natural sugar found in milk and dairy products. Signs of having trouble digesting lactose include stomach pain, gas and bloating every time you drink milk. If you have these signs, here are some things that can help:

- Try milk in smaller amounts. Drink just a 4-ounce (½ measuring cup) glass at a time.
- Try to eat three servings a day of other high-calcium foods. These include:
 - Lactaid milk
 - Enriched soy products
 - Low-fat cheese
 - Low-fat cottage cheese
 - Yogurt
 - Tofu
- Look for foods that have “calcium fortified” on the nutrition label. Some foods that **may** be calcium fortified include:
 - Breakfast cereal and some breads
 - Oatmeal and Cream of Wheat
 - Hot chocolate
- Other good sources of calcium are green leafy vegetables like kale, broccoli and Chinese cabbage. Calcium in these foods is not absorbed as well as calcium from milk and yogurt.
- Talk to your doctor or a dietitian for advice on calcium-fortified foods to eat, or to find out if a calcium or vitamin D supplement is needed.



JUST THE FACTS!

- The average person drinks 45 gallons of sugary drinks a year, often replacing milk or water.
- Your body may lose calcium when you drink caffeinated beverages.
- Calcium is an important nutrient for your bones. It is hard to get in all the calcium you need if you do not drink milk each day.

TIPS TO HELP YOU GET MORE CALCIUM:

- Choose snacks that include yogurt-like parfaits or as a dip for fruit.
- When you choose drinks that are not milk, choose water, not sugary drinks or caffeinated beverages like coffee and energy drinks.
- It is better for children not to drink coffee. If teens choose to drink coffee, do it just once a day.
- Use skim milk instead of cream or whole milk in coffee drinks.

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