

POWER UP YOUR KIDS

WITH GOOD NUTRITION



HOW MUCH DAIRY DO THEY NEED ?

- 1 cup low fat, fat free or lactose free milk
- 1 cup low fat flavored milk
- 1 cup or 1 (6 to 8 ounce) container of low fat yogurt
- 1 1/2 ounces of natural cheese (such as Cheddar, Mozzarella, Colby)
- 2 ounces of processed American cheese
- 1 cup of pudding or soup made with milk

WHY MILK MATTERS

Milk is the #1 food source of 3 of 4 nutrients lacking in the American diet – calcium, vitamin D and potassium. That's why the Dietary Guidelines recommend making milk drinking a habit in young children. Kids who drink milk when they are young are more likely to drink milk as adults. Lifelong milk drinking is linked to stronger bones, a healthier heart and less chance of developing diabetes.



DOES AGE MATTER?

**2 to 3
YEARS OLD**

2 cups of milk each day

**4 to 8
YEARS OLD**






2-3 cups of milk
each day

**9 YEARS
and OLDER**






3 cups of milk
each day



**CHOOSE
FOODS
WISELY**

	Grains Make at least half of your grains whole.
	Vegetables Vary your veggies.
	Fruits Focus on fruits.
	Dairy Get your calcium-rich foods.
	Proteins Go lean with proteins.
	Kids Serving Sizes Grains 3–5 servings Vegetables 1–2 cups Fruits 1–1½ cups Dairy 2–3 cups Proteins 2–5 ounces

Ages 2–5

 Grains	 Vegetables	 Fruits	 Dairy	 Proteins
1 slice of whole wheat bread ½ cup cooked oatmeal ½ cup cooked brown rice or whole wheat pasta 1 cup ready-to-eat whole grain cereal 1 (small) whole wheat flour or corn tortilla 3 cups plain cooked popcorn	1 cup raw vegetables 1 cup cooked vegetables 2 cups raw leafy greens	1 cup cut-up fruit 1 cup 100% fruit juice (limit to ½ cup per day) ½ cup dried fruit	1 cup low-fat milk 1 cup low-fat flavored milk 1 cup low-fat yogurt 1 ½ ounces natural cheese 2 ounces processed American cheese slices 1 cup soup or pudding made with milk 1 cup lactose-free milk	1 ounce cooked meat, fish or poultry 1 tablespoon peanut butter 2 ounces tofu 1 egg ½ cup cooked beans or peas ½ ounce nuts or seeds

