

IMPROVE CHILDREN'S DIETS *with Nutrient-rich* MILK



- **Milk is nutrient-rich, with nine essential nutrients.** It is the #1 food source of three of the four nutrients the 2010 Dietary Guidelines for Americans (DGA) identify as falling short in the diets of both children and adults – calcium, potassium and vitamin D.
- **Motivate parents to be role models.** Parents are important influences on children's behavior, including eating right and being physically active. So encourage them to eat fruits and vegetables and drink milk. Their actions speak louder than words.
- **The DGA recommends** low-fat or fat-free milk and milk products daily
 - 3 cups for 9 years or older
 - 2½ cups for 4-8 year olds
 - 2 cups for 2-3 year olds

By the age of 4
*children do not consume the
recommended number of
servings from the Dairy Group*



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