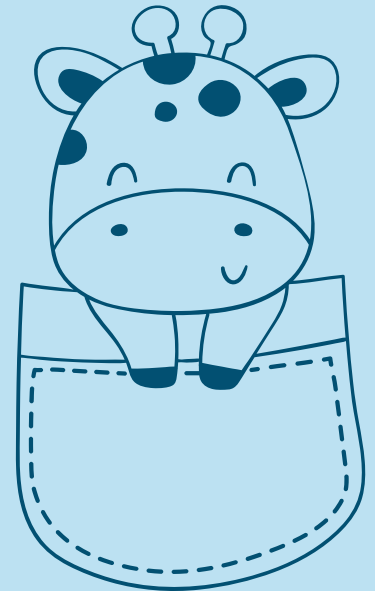


Introducing Real Milk at 1 Year

Content courtesy of WIC Arizona.
This institution is an equal opportunity provider.



Start Off with Whole

American Academy of Pediatrics recommends plain whole milk for the dietary fats needed for normal growth and brain development. At age 2, then low-fat milk can be offered.

A Note on Milk Alternatives

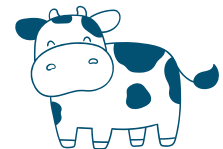
Plant-based milk alternatives like almond, coconut, oat, rice, and hemp milks are not good sources of protein, calcium, and vitamin D and are not offered by WIC.

How Much? How Often?

Milk can be offered 2-3 cups per day with meals or snacks.

Try a Cup!

It is recommended to offer milk in a cup, not through the bottle, for an easier transition & to reduce the chance for tooth decay.



Breastfeeding is Optional!

One-year-olds can keep nursing as long as both caregiver and child want.



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