Introducing Real Milk at 1 Year

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.

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.

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.

Breastfeeding is Optional!
One-year-olds can keep nursing as long as both caregiver and child want.

arizonamilk.org
nevadamilk.com

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