

# Milk: Part of a Healthy Eating Pattern for Your Child!

## Nutrition:

Each sip of milk is loaded with 13 essential nutrients needed for growth and development including calcium, protein, and Vitamin D.

## Health Benefits:

- Builds strong bones and teeth
- Contains high-quality protein to help children grow and build strong muscles
- Keeps your child fuller between meals and snacks
- Assists with hydration

## Types:

- Whole
  - 1% Low-Fat
  - Skim Fat-Free
  - Lactose-Free
- } All types have the 13 essential nutrients!

\*Milk alternatives made with oats, nuts, rice, or coconuts often contain little protein and therefore are not nutritionally equivalent to natural cow's milk.

## Childhood Nutrition:

Whole milk is recommended for 1 year old children to help with the growth and development of the brain and nerves. After age 2, children need less fat in their diet since growth slows, so 1% fat or skim milk can be offered. After age 6, flavored milk can be offered.



**1 Year:**



**2 Years & Older**

