

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



## ■ Low-fat and fat-free milk are a good or excellent source of nine essential nutrients.

Milk 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.

## ■ The DGA recommends low-fat or fat-free milk and milk products daily

- 3 cups for 9 years or older
- 2 1/2 cups for 4-8 year olds
- 2 cups for 2-3 year olds



## ■ Milk is an integral part of school nutrition programs. Offering white or flavored milk with each school meal:

- Provides important nutritional benefits to all, especially to the at-risk and food-insecure and
- Helps students meet nutrition recommendations

**By the age of 6**  
children do not consume the  
recommended number of  
servings from the Dairy Group



Visit [nationaldairycouncil.org](http://nationaldairycouncil.org) and [thedairyreport.com](http://thedairyreport.com)

These health and wellness organizations recognize low-fat and fat-free milk as an integral part of child nutrition programs.

