

IMPROVE CHILDREN'S DIETS with Nutrient-rich MILK

A large, close-up photograph of two young girls of African descent. The girl in the foreground is looking directly at the camera with a slight smile, holding a clear plastic cup with a green straw. Behind her, another girl is smiling broadly, also holding a similar cup. They are both wearing casual clothing. The background is a plain, light blue.

■ 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

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

Visit nationaldairycouncil.org and thedairyreport.com

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



 Academy of
Nutrition
and Dietetics

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