



# MILK

## WITH MEALS WATER IN BETWEEN

Milk can help kids (and adults) build healthy bodies.

- **Serve low-fat milk with meals:** The best way to get your kids to drink milk is to drink milk yourself with every meal.
- **Offer water between meals:** Everybody needs fluid to stay hydrated, especially in warm weather. Water quenches your thirst without calories or sugar.
- **Steer clear of sugary drinks:** For healthy teeth and strong bodies, parents should limit soft drinks, juices, fruit drinks, sweet tea and other high-sugar drinks.



*Real cow's milk offers unmatched nutrition.*

How many servings of milk or dairy do your kids need?

2-3 years old	4-8 years old	9-18 years old
2 servings	2 ½ servings	3 servings

### 4 MORE easy ways to get your kids the nutrients they need

- 1** Pair that after-school snack with a glass of milk - it's an easy and delicious way to add nutrition.
- 2** Add milk to a fruit smoothie as an easy way to add protein to breakfast or a snack. The protein in milk keeps your kids fueled and focused throughout the day.
- 3** Make old-fashioned oatmeal with milk instead of water - you'll get a creamier taste, plus 8 grams of high-quality protein per cup and eight other essential nutrients.
- 4** Boil macaroni noodles in milk instead of water for an even creamier mac 'n' cheese. It's a wholesome, simple ingredient that's already the foundation of many meals kids love.