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.

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

<table>
<thead>
<tr>
<th></th>
<th>2-3 years old</th>
<th>4-8 years old</th>
<th>9-18 years old</th>
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</thead>
<tbody>
<tr>
<td>servings</td>
<td>2</td>
<td>2 ½</td>
<td>3</td>
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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.

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