



3 SERVINGS OF LOW OR NONFAT MILK OR YOGURT



BENEFITS OF MILK & YOGURT:

- Dairy products like milk and yogurt provide a lot of nutrients that are important for your health. These include: calcium, vitamin D, potassium, phosphorus, magnesium and protein.
- Calcium and vitamin D make your bones and teeth strong. This is very important when children are growing.
- Low and nonfat milk and yogurt provide little or no fat which is best for good health.



HOW MUCH DO I NEED?

Age Range	Calcium (mg)	Vitamin D (IU)	Serving Size	# of servings
2-3 years	700mg	600	3/4 cup	3
4-8 years	1000mg	600	1 cup	3
9-18 years	1300mg	600	1 cup	3-4

*This table is adapted from the DRI reports (Dietary Reference Intakes for Calcium and Vitamin D). The Report may be accessed at www.iom.edu/vitaminD.

DRINK MILK:

Drink 2-3 servings of 1% or skim milk a day.

(1 cup = 8 oz = 1 carton or 1/2 pint)

- Skim (nonfat) milk and 1% lowfat milk are recommended for anyone above the age of two. They have the same nutrients as 2% and whole milk.
- Drinking milk helps you meet your calcium and vitamin D needs.
- If you don't like plain milk, try a skim, flavored milk for one serving per day.
- Serve milk at each meal.
- Keep milk ice cold. Kids are more likely to drink it.
- Use milk to cook oatmeal or other hot cereals.
- Use milk to make pudding for an occasional treat.

EAT YOGURT:

- Yogurt can be used as one or more of your daily milk servings.
- Use fruit flavored yogurt as a fruit dip.
- Have yogurt as a snack.
- Make your own smoothies by blending your favorite frozen fruit with yogurt and milk.
- Make your own parfait by layering fruit and yogurt. You can even top it off with granola.
- Some yogurts have probiotics. This helps keep the balance of bacteria in your gut. This can help keep your immune system healthy.
- Use plain yogurt instead of sour cream or mayonnaise in recipes or on a baked potato.
- Not all yogurts have vitamin D in them. Check the label to see if yours does.

WHAT'S IN YOUR CUP?

Milk (8oz)	Skim (nonfat)	1% (lowfat)	2% (reduced fat)	Whole	Chocolate skim milk	Chocolate whole milk	Soy milk, plain fortified
Calories	85	100	125	150	140	210	100
Fat	0g	2.5g	5g	8g	1g	9g	4g
Protein	8g	8g	8g	8g	9g	8g	7g
Calcium	300mg	300mg	290mg	275mg	290mg	280mg	300mg
Vitamin D	115(IU)	115(IU)	120(IU)	125(IU)	115(IU)	125(IU)	120(IU)

DON'T LIKE MILK OR IT HURTS YOUR STOMACH?

Some people have trouble digesting lactose. This is the natural sugar found in milk and dairy products. If you have trouble with this, try these tips:

- Try milk in smaller amounts. About a 4 ounce (1/2 cup) glass at a time.
- Try to eat 3 servings a day of other high calcium foods. These include: lactaid milk, enriched soy products, low-fat cheese, low-fat cottage cheese, yogurt or tofu.
- Try foods with added calcium (calcium fortified foods). These include: orange and apple juice, breakfast cereal bars, English muffins and other breads, oatmeal, cream of wheat, and hot chocolate.
- Other good sources of calcium are green leafy vegetables like kale, broccoli and Chinese cabbage, but are not absorbed as well as milk and yogurt.
- Talk to your doctor or a dietitian for a calcium and vitamin D supplement recommendation if you cannot eat these calcium rich foods.



TIPS & FACTS

- Drink milk with your meal.
- Choose snacks that include yogurt like parfaits or as a dip for fruit.
- The average person drinks 45 gallons of sugary drinks a year, often replacing milk or water.
- It is difficult to get in enough calcium, which is an important nutrient for your bones, if you do not drink milk each day.
- When choosing drinks other than milk, choose water, not sugary drinks.
- It is better to avoid coffee but if you choose a drink with coffee, limit it to once a day.
- Use skim milk instead of cream or whole milk in coffee drinks.
- Avoid energy drinks. They contain caffeine and other stimulants in high amounts, as well as sugar, and they have few nutrients.
- Your body may lose calcium when you drink caffeinated beverages.

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