



# Growing Strong with Milk

At child care, milk is an important part of meals. The nutrients in milk can help your child build strong bones and muscles.

## Why Does Our Child Care Serve Milk?

Milk provides vitamins, minerals, and protein. Low-fat (1%) and fat-free (skim) milk have the same nutrients as whole milk, but less saturated fat. Choosing healthier sources of fats, while eating fewer saturated fats, is good for heart health.

## Be a Dairy Detective

Let's take a closer look at milk. Cow's milk is a good source of calcium, protein, vitamin D, and vitamin A. Take a look at the Nutrition Facts label to the right to see what you're getting in a cup of low-fat (1%) milk.

**Low-fat (1%) Milk**

Nutrition Facts	
8 servings per container	
<b>Serving size 1 cup (240ml)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 2g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 12mg	<b>4%</b>
<b>Sodium</b> 107mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugar 12g	
<b>Protein</b> 8g	
Vitamin D 3mcg	<b>15%</b>
Calcium 305mg	<b>30%</b>
Iron 0mg	<b>0%</b>
Potassium 366mg	<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Encouraging Milk as Children Age

- **Take changes slowly.** After your child turns 2 years old, consider changing from whole milk to low-fat milk. Start by switching to reduced-fat (2%) milk for a few weeks. When your child gets used to reduced-fat milk (2%), try low-fat (1%) or fat-free (skim) milk.
- **Enjoy smoothies.** Blend low-fat milk with fruits and low-fat yogurt.
- **Make it special.** Offer low-fat milk in your child's favorite cup.
- **Be a healthy role model.** Encourage the whole family to drink low-fat milk with meals.

## Tummy Troubles

If your child is lactose intolerant or gets stomach pains, gas, or bloating after drinking milk, try lactose-free milk and talk with your child's doctor. If you would like your child to drink soymilk at child care, please send a written note. A parent or guardian can make the request. A doctor's note is not required as long as the soymilk meets certain nutrition standards. Soymilk served in child care must have the same amount of calcium, protein, vitamin A, and vitamin D as cow's milk.

At child care, "milk-like" beverages that do not contain the same amounts of calcium, protein, vitamin A, and vitamin D as cow's milk cannot be served in place of cow's milk without a doctor's note.

