

# HOW MUCH MILK?

Milk and dairy products contain calcium, vitamin D, and other nutrients that are important for your growing child's health. However, alone they cannot give your child everything he needs to be healthy. Balance is key!

- ◆ 1-2yrs old: 2 cups (16oz) whole milk
  - ◆ 2-5yrs old: 2 cups (16oz) 1% low-fat or fat-free milk
  - ◆ Other foods count for your child's milk intake too:
    - 1 cup yogurt = 1 cup milk
    - 1.5oz cheese (i.e. 1 string cheese)= 1 cup milk
- \* Ask your child's doctor about a vitamin D supplement

## Too Much Milk

- Can lead to low iron (anemia)
- Can cause constipation and/or upset stomach
- Can lead to meal refusal and picky eating
- Can cause child to gain too much weight

## Tips for Offering Milk

- ◆ Offer milk with meals and water in between meals.
- ◆ Do not offer milk in place of a refused meal: Your child will learn that if she doesn't eat she can have milk instead. This can make your child even more picky!
- ◆ Allow milk in open cups only – (No sippy cups or bottles): This forces your child to sit down to drink, and can help limit over-intake. If your child is still learning to use an open cup, offer only small amount at a time (2oz) to reduce spills.