



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

*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.