

Which milk is best for my child?

Your baby depends on you for the best start possible – and the right milk makes a lifetime of difference.

★ Help children grow and glow with:

- Breastmilk for as long as you can
- Formula (if needed) under 1 year
- Whole milk from 1 to 2 years
- Low-fat or fat-free milk from 2 years and up

★ Great parents pour nutrition into every glass – make it milk with meals (aim for 16 oz. a day).

Choose one to start the conversation:

- 1 Moms tell me that some kids love milk and can't get enough. Other children won't let the stuff touch their lips. What's the story with your child and drinking milk?**
- 2 It's so tempting to serve Kool-aid® or soda at meals. What ways have you found to serve milk instead of high-sugar drinks?**
- 3 If your child has problems digesting milk, what do you serve with meals? What other calcium-rich foods and drinks does she/he like?**



Be likeable. Be positive about current choices (like milk at breakfast) while suggesting changes (like serving milk at lunch and dinner).