

# For Growing Bones... Which Milk?

## Why Milk?

Check the Nutrition Facts label on milk cartons. You will see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



### Whole Milk

Nutrition Facts		
Serving Size 8 fl oz		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	150	Calories from Fat 70
% Daily Value*		
<b>Total Fat</b>	8g	13 %
Saturated Fat	5g	25 %
Trans Fat	0g	
<b>Cholesterol</b>	35mg	11 %
<b>Sodium</b>	120mg	5 %
<b>Total Carbohydrate</b>	11g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
<b>Protein</b>	8g	
Vitamin A	6%	• Vitamin C 4%
Calcium	30%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.		

### Lowfat Milk 1%

Nutrition Facts		
Serving Size 8 fl oz		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	100	Calories from Fat 20
% Daily Value*		
<b>Total Fat</b>	2.5g	4 %
Saturated Fat	1.5g	8 %
Trans Fat	0g	
<b>Cholesterol</b>	10mg	3 %
<b>Sodium</b>	125mg	5 %
<b>Total Carbohydrate</b>	12g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
<b>Protein</b>	8g	
Vitamin A	10%	• Vitamin C 4%
Calcium	30%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.		

### Fat-Free Milk (Skim)

Nutrition Facts		
Serving Size 8 fl oz		
Servings Per Container 1		
Amount Per Serving		
<b>Calories</b>	90	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
<b>Cholesterol</b>	5mg	2 %
<b>Sodium</b>	135mg	5 %
<b>Total Carbohydrate</b>	13g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
<b>Protein</b>	9g	
Vitamin A	10%	• Vitamin C 2%
Calcium	30%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.		

## Which milk would you buy? What is different? What is the same?

Nutrition Facts labels on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick.

Lowfat milk has less fat and fat-free milk has none.

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# For Growing Bones... Which Milk?

## Which Milk for Your Child?

Starting at age 2, children can drink lowfat milk. It is a good habit for your whole family to learn. Drinking lowfat milk is one way to get less fat, especially saturated fat. That is healthy!

**If you have a child under 2 years,** offer whole milk after discontinuing breast milk or formula. Babies and toddlers need the fat from whole milk to grow properly.

### Try this:

Drink milk to protect your bones – and your child will do what you do. The secret to success is having milk in your refrigerator. Have enough for you and your child, too.

## Change slowly to lowfat or fat-free milk:

- Switch first from whole to 2% milk. When your child gets used to the flavor, try lowfat or fat-free milk.
- Try chocolate lowfat or fat-free milk. The flavor is about the same as in higher fat chocolate milk.
- Offer lowfat or fat-free milk on cereal and in smoothies. Your child probably will not notice.



**Remember, children ages 2 to 5 need 2 cups of milk or equivalent milk products each day.**

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