



Make Milk Count!

All kids and adults need 2 to 3 servings from the Milk Group each day and one cup of milk and yogurt each count as a serving. Milk, yogurt and cheese are the best source of calcium and riboflavin and very important for bone health.

Among the various types of milk—whole, 2 percent reduced fat, 1 percent low fat and fat-free or skim—the fat content and calorie content varies, but the other important nutrients remain about the same. Switching to low fat milk does not mean you are giving up calcium that is so important. Children over the age of 2 need to begin to limit their fat intake and buying low fat milk is a perfect start.

If children don't like the taste of milk, try serving chocolate milk as a healthy option. Chocolate milk has the same amounts of calcium, phosphorous, protein, riboflavin and vitamin D needed by kids. Many chocolate milks are low in fat—but check the label to be sure what you are buying. Make hot cocoa with milk rather than water for the greatest nutritional benefit.



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According to the latest data from USDA, kids are drinking more soft drinks than ever before. Milk drinking has dropped 4 percent among preschoolers and 10 percent among 6- to 9-year-olds. Soft drinks provide kids with lots of calories but no nutrients, while milk has nine essential vitamins and minerals. It's time to switch back. Milk mustaches are definitely the way to go!

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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