



More Dairy Products Every Day

Choose at least three low fat dairy products every day. This is equal to three glasses of milk, three 8-ounce containers of yogurt or 5 ounces of cheddar cheese (or any combination of the above, plus more!)

If kids don't like plain milk, milk flavored with banana, strawberry or chocolate is a hit and a great way to add more calcium to the diet.

Another way to increase the amount of calcium you are getting is to add low or nonfat milk to cereal or cook oatmeal with milk instead of water. Enjoy some cheese on a cracker, some fruit in your milk or a fruit and yogurt parfait. Just remember to eat at least three low fat dairy products every day!

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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