



Milk – Why and How Much?

Why is milk important?

- Milk is a great source of calcium, protein, Vitamin A, and Vitamin D
- Calcium helps build strong bones and teeth in children
- Calcium helps prevent bone loss in adults

How much milk do we need?

Age	Recommended amount per day	Recommended type of milk
Children 12-24 months	1 ½ - 2 cups	Whole milk
Children 2-8 years	2 cups	Low-fat or Fat free
Adults and children 9 years and over	3 cups	Low-fat or Fat free
Infants	-----	Breastmilk or formula

What counts as one cup of milk?

Each of these foods is a great source of calcium!

- 8 ounces of milk
- 8 ounces of yogurt
- 2 slices of cheese (1½ ounces)



Lactose intolerant? Milk causes bloating or gas?

Take a look at your passport for other foods that are high in calcium.