

# IMPROVE CHILDREN'S DIETS with Nutrient-rich MILK



- **Low-fat and fat-free milk are a good or excellent source of nine essential nutrients.**
- **Milk is the #1 food source** of three of the four nutrients the 2015 Dietary Guidelines for Americans (DGA) identify as falling short in the diets of both children and adults – calcium, potassium and vitamin D.
- **The DGA recommends** low-fat or fat-free milk and milk products daily
  - 3 cups for 9 years or older
  - 2 1/2 cups for 4-8 year olds
  - 2 cups for 2-3 year olds
- **Milk is an integral part of school nutrition programs.** Offering white or flavored milk with each school meal:
  - Provides important nutritional benefits to all, especially to the at-risk and food-insecure and
  - Helps students meet nutrition recommendations



*On average, by the age of 6 children do not consume the recommended number of servings from the Dairy Group*



Visit [nationaldairycouncil.org](http://nationaldairycouncil.org) and [dairygood.org](http://dairygood.org)

These health and wellness organizations recognize low-fat and fat-free milk as an integral part of child nutrition programs.

