

# BUILD HEALTHY KIDS WITH DAIRY

## 6-12 MONTHS

Offer cheese and yogurt to help baby explore different tastes and textures.



## 12 MONTHS

Introduce whole milk to fuel growth and development.



## 2+ YEARS

Switch to low fat milk. Offer milk with meals and water whenever.



## TUMMY TROUBLES?

There are lactose-free options for tiny tummies!

- Lactose-free dairy milk is real dairy milk just without the lactose.
- Yogurt with probiotics can help break down lactose, making it easier to digest.
- Hard cheeses like Cheddar, Swiss and Colby contain very little lactose.

Children under 5 should avoid plant-based/non-dairy milks\*, caffeinated beverages, sugar and low-calorie sweetened beverages, toddler formula and flavored dairy milk.

\*In case of a milk protein allergy, fortified soymilk is the recommendation.