



Dairy Grows Minds

Nutrition at Every Stage of Early Childhood



Pregnancy

3 servings/day

Dairy is an important source of iodine, which supports a baby's brain and helps prevent delays in development.

💡 Try smoothies or parfaits, which are easy on the stomach for those experiencing nausea.



Postpartum

3 servings/day*

*Infants should only consume breastmilk or formula for the first 6 months.

Dairy helps provide essential nutrients needed for postpartum recovery and long-lasting energy.

💡 Fill your cup, too! Take care of yourself so you have the energy to care for your child.



Infants

6-12 months

1 serving/day

Yogurt and cheese are safe first dairy foods for 6-12 months. Offer these to help discover new tastes and textures.

💡 Stick to plain yogurt and low-fat cheese and start milk after 12 months.



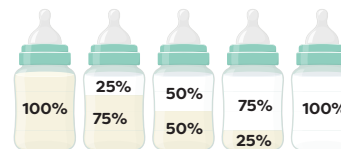
Toddlers

12-24 months

1 ½ - 2 servings/day

Whole milk contains important healthy fats for brain development.

💡 Transition to whole milk slowly by mixing it with breast milk or formula.



Breastmilk or Formula → Whole Milk



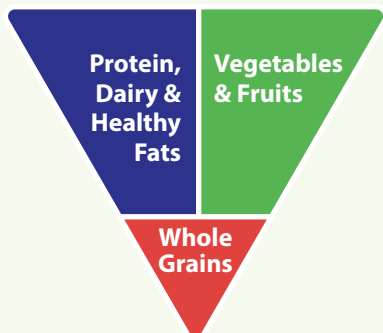
Young Children

2-5 years

Age 2-3: 2 servings per day
Age 4-5: 2 ½ servings/day

Dairy has high-quality protein, zinc, and iodine, which are important for a child's developing brain.

💡 Balance your child's snacks with dairy. Examples: Cheese and crackers, cereal and milk, or fruit and yogurt.



Stay Balanced *Healthy habits start early.*

- Help your baby learn to enjoy a variety of foods.
- Giving too much of one food group can mean missing out on other important nutrients.
- Include colorful fruits and vegetables, whole grains, lean proteins, and dairy.

These early choices help your little one grow strong and set the stage for healthy habits that last a lifetime.



Learn more at usdairy.com

The essential nutrients in dairy help you be your best self.

Each 8-ounce glass of milk contains:



Calcium, Vitamin D & Phosphorus
to build and maintain strong bones and teeth



High Quality Protein
to build and maintain lean muscles



Iodine
for proper brain development



Potassium
to support a healthy heart



Vitamin B12
for healthy nervous system function



Vitamin A, Zinc & Selenium
to maintain a healthy immune system



Riboflavin, Niacin & Pantothenic Acid
to convert food into energy



Find more dairy nutrition and delicious recipes at usdairy.com.



Iodine Matters

Cow's Milk



Iodine
60%
daily value
per 8 oz.

Protein
8g
per 8 oz.

An 8 oz. glass of Cow's milk, including lactose-free milk, provides approximately 60% of the daily value (DV) for iodine.

Note: If someone in your household has a dairy allergy, soy beverage is available in WIC benefits.

Lactose Intolerant?

Choose lactose-free/lower lactose milk, yogurt or cheese. Same nutrients, easier to digest.



Lactose-free Milk



Hard Cheese
(Sharp cheddar, Swiss, etc.)



Yogurt with live and active cultures

Quick WIC Smoothie

- 1 cup dairy milk of choice
- ½ cup yogurt
- 1 cup frozen fruit
- Optional: handful of spinach

Blend + Enjoy!

