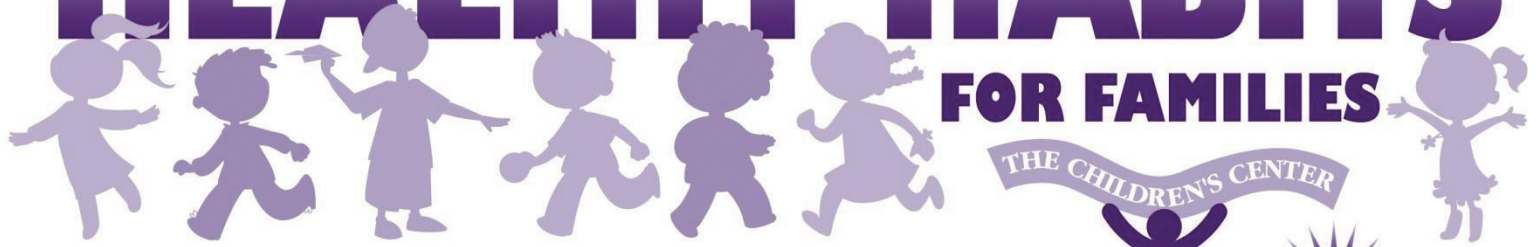


# HEALTHY HABITS



**FOR FAMILIES**

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Parent Tip Sheet #3

## Milk and Dairy Foods Are Very Nutritious!

Milk and dairy foods contain protein and calcium, which build strong bones and muscles — two things we need to run and play.



### Milk Group Foods Include:

Milk or soy milk, yogurt, cheese, milk-based pudding, frozen yogurt

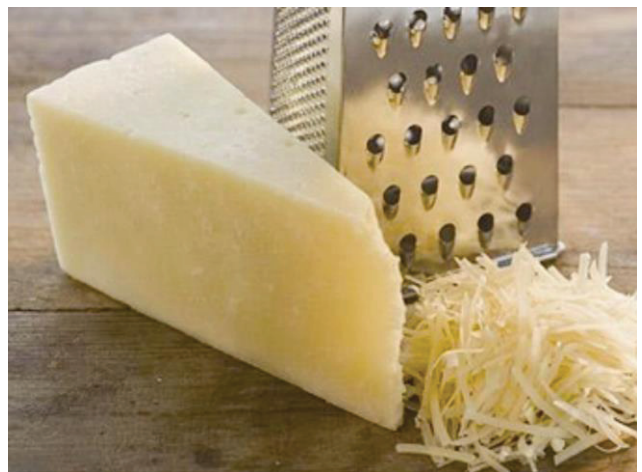
### Why do we need calcium from foods?

Calcium is a mineral found in the body, but it must be continuously replaced. So everyone needs to get additional calcium from food.

### How much calcium do preschool children need each day?

Children ages 4–8 need 800 milligrams per day. This amount can be from 2½ cups of milk or yogurt, or 4 ounces of cheese.

**GOAL:** This week try to serve your child a milk and dairy food at most meals.



## Be a Role Model for your Child

- Drinking milk every day is a healthy choice. Choose low-fat or fat-free milk instead of sodas and juices.
- Eating a milk or dairy food can be as easy as eating frozen yogurt on a sunny day.
- It's easy to start each morning with a milk or dairy food! Ideas include cereal with low-fat milk, yogurt with fruit, or toast with low-fat cheese.
- Calcium and protein in milk and dairy foods affect us inside and out by giving us healthier hair, skin, nails and teeth.

### Healthy Recipe: Chocolate-Banana “Fresh & Healthy” Shake

Combine 1-cup low-fat chocolate milk with 1 banana in a blender.

Blend until smooth, drink up and enjoy!



***Did you know? Choosing low-fat and fat-free dairy can promote a healthy weight.***

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