

# DAIRY FOODS:

## How Much To Offer Each Day

Milk and other dairy products, such as cheese and yogurt, provide a powerful combination of vitamins, minerals, and protein!

### BIRTH – 12 MONTHS

Human milk or formula

\*Cow's milk should not be introduced before a baby turns 1 year

### 1 YEAR OLD - TODDLER

Human milk or whole cow's milk

>> **4 TODDLER-SIZED PORTIONS** every day

1 TODDLER-SIZED PORTION EQUALS:

- ½ cup whole milk
- 1 ½ tablespoons cheese
- ½ cup yogurt

### 2 YEAR OLD - TODDLER

>> **4 TODDLER-SIZED PORTIONS** of low-fat dairy every day

1 TODDLER-SIZED PORTION EQUALS:

- ½ cup low-fat milk
- 1 ½ tablespoons cheese
- ½ cup low-fat yogurt

### 3 AND 4 YEAR OLD - PRESCHOOLER

>> **2-3 PRESCHOOLER-SIZED PORTIONS** of low-fat dairy every day

1 PRESCHOOLER-SIZED PORTION EQUALS:

- 1 cup low-fat milk
- 3 tablespoons cheese
- 1 cup low-fat yogurt



### DID YOU KNOW?

**NATURAL CHEESE** is made using *natural ingredients* like milk, salt, enzymes, and natural colors.

**PROCESSED CHEESE** is a cheese product made with natural cheese and other ingredients that may *include preservatives and artificial ingredients*.

**VITAMIN A** helps us grow healthy bones and skin, and protects our vision.

**CALCIUM** helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle function, and blood clotting.

**VITAMIN D** helps us grow healthy teeth and bones and boosts our immune system.

**PHOSPHORUS** helps build strong bones and teeth. It also helps our kidneys, heart, and muscles do their jobs.

**PROTEIN** helps us build strong, healthy bones, muscles, cartilage, skin, and blood.

**POTASSIUM** helps maintain blood pressure; keeps muscles and nerves healthy.

**RECIPE IDEA**

# BANANA PEANUT BUTTER SMOOTHIE

Prep Time: 7 minutes

Servings: 2

**INGREDIENTS**

- 1/2 cup plain yogurt
- 1 banana
- 2 tablespoons peanut butter
- 3/4 tablespoon honey
- 1/4 cup ice
- 1/2 cup low-fat milk

**DIRECTIONS**

- Step 1** Wash prep area, your hands, and banana.
- Step 2** Peel and chop banana.
- Step 3** Place bananas, peanut butter, yogurt, milk, ice, and honey in a blender or food processor.
- Step 4** Blend until smooth and serve immediately.

**NOTE:** *Never serve honey to children under the age of one.*



## WASH A BANANA? REALLY? \*

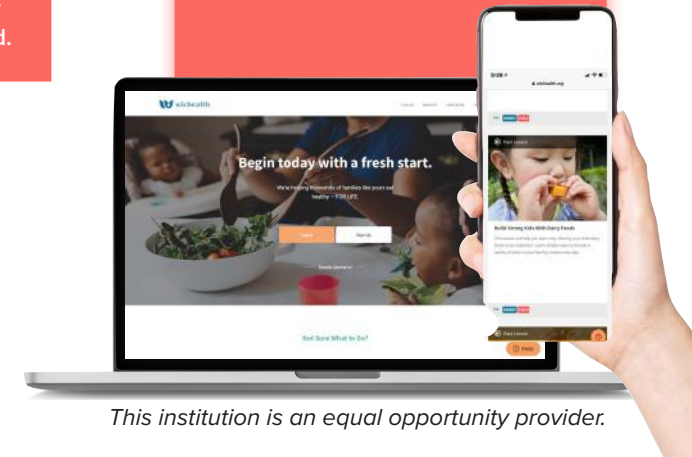
Yes, really! Give those bananas a good rinse. Cleaning bananas before peeling them keeps harmful bacteria that may be on the outer peel from getting on the banana meat. Once you've rinsed the banana, go ahead and peel, slice, freeze, or serve them as desired.

**Take This Lesson to Learn:**

- When and why to switch to low-fat dairy.
- Smoothie recipes.
- Tips to safely take dairy foods on-the-go.

**To Get Started:**

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Build Strong Kids With Dairy Foods**



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