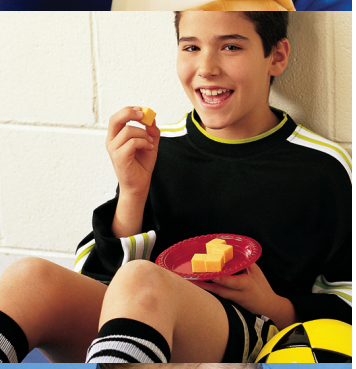

Help your child build healthy bones and teeth

one to eighteen years old

Kids need calcium to build strong bones and teeth.
How much does he or she need everyday…it depends on his or her age.

How much dairy do my kids need each day?

Kids Age	Amount of calcium they need	Milk servings each day
1 - 3 year	500 milligrams	2 servings (equals 4 - 1/2 cup servings)
4-8 year	800 milligrams	3 servings
9-18 year	1300 milligrams	4 servings

Milk & Dairy Foods	Amount equal to 1 cup of milk	½ cup servings
Low fat (1%) or fat-free (skim) milk	1 cup	½ cup
Low fat or fat-free yogurt	6-8 ounce container	4 ounce container
Natural cheese like Cheddar, Swiss	1½ ounces (two ¾ ounce slices)	1 slice (¾ ounce)
Shredded cheese	⅓ cup	
Pudding made with low fat milk	1 cup	½ cup

Low fat and fat-free dairy foods have the same vitamins, minerals and protein as whole milk.

Tips for a Calcium boost ~

- Serve milk with every meal.
- Offer yogurt, cheese or pudding as a snack.
- Substitute milk for water when making the following: hot cereals, hot chocolate, instant mashed potatoes, scrambled eggs, pancakes and condensed soups like tomato.
- Try low fat (1%) or fat free (skim) flavored milk.
- Make a yogurt parfait or smoothie by pairing low fat or fat free yogurt with your child's favorite fruit.

Is your child lactose sensitive?

- If your child has gas or stomach cramps after drinking milk, check with your doctor to see if he or she is having trouble digesting lactose, the natural sugar in milk. If your child is sensitive to lactose:
  - Try low fat (1%), lactose free milk found in the supermarket dairy case.
  - Give them natural, aged cheeses like cheddar and Swiss. These have almost no lactose.
  - Try yogurt- it has "friendly" bacteria called active cultures, which makes it more acceptable.
  - Even if your child is lactose intolerant, he or she may be able to enjoy a small amount of regular milk with their meals.
  - If alternative calcium sources are necessary consult your pediatrician or registered dietitian.

Drink milk with your Kids!

- Drinking milk sets a good example for kids. After all, if mom or dad drinks milk, kids are more likely to do the same.

Source: *Dietary Guidelines for Americans*, 2005 (6th edition)

Visit www.healthierus.gov/dietaryguidelines
and www.MyPyramid.gov/kids

The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics–Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association.
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