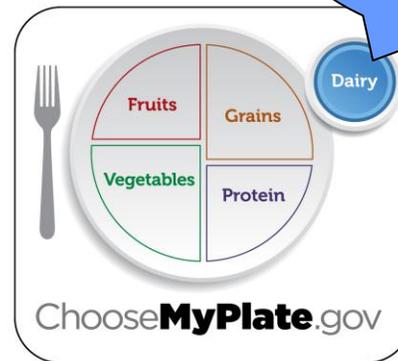


Milk makes your bones strong!

Milk and other foods in the dairy group provide a number of nutrients that are valuable in children's growth and development, and in particular, bone development. Milk, yogurt, and cheese contain protein, carbohydrates, vitamins A, and D, riboflavin, and vitamin B 12, to name a few. The most notable nutrient from the dairy group is the mineral calcium. The dairy group is the best source of calcium in children's diets. Calcium is the key nutrient to **making bones strong!** In addition, other minerals such as magnesium, phosphorus, potassium, and zinc are present in the foods in the dairy group, and they assist the body in absorbing and storing calcium. Therefore, consuming foods in the dairy group will provide the body with the nutrients necessary to **make bones strong.**



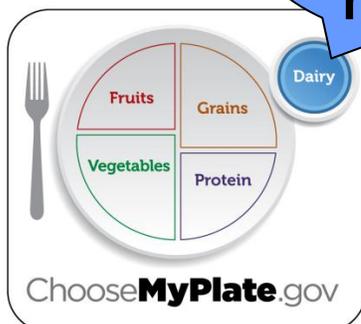
Dairy makes bones strong!

Calcium in the **dairy group makes bones strong** by serving as the foundation to the structure of bone. This bone structure is called bone mass. The greater the bone mass, the more dense the bone. When bone density is high, bones are less likely to break.

The Center for Disease Control provides a more detailed description of bone density and pictures of bones that are dense versus bones that are less dense. For additional information that discusses calcium and bone health visit

<http://www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html>.

Dairy helps build muscle!



Other nutrients in milk are protein, vitamin D, vitamin A, and B vitamins. Protein is the nutrient used to **build and repair tissues!** Vitamin D works with calcium assisting the body in absorbing the calcium and building bone. Vitamin A also supports

bone development. It is needed for healthy eyes and skin as well! In addition, milk contains some B-vitamins, which **help children move**. While B-vitamins don't give the body energy, they do help the body to get energy from carbohydrates, proteins, and fat.

In order to build bone, children need to consume adequate calcium. One of the best sources for calcium is foods in the dairy group. The MyPlate recommendation for the consumption of foods in the dairy group for children 2-5 years of age is 2 cups per day. The 2 cups can include foods such as milk, yogurt, and cheese, which are offered in full fat, low-fat, and non-fat varieties. Children between one and two years of age should be offered whole milk; however, children who are two years of age and older can be offered skim milk and low fat cheese and yogurt.

There is a variety of foods in the dairy group. The MyPlate website provides more detailed information about foods in the dairy group. To see additional information about the dairy group visit the website <http://www.choosemyplate.gov/foodgroups/dairy.html>.

When you offer dairy to children you are offering foods that will:

Make bones strong!
Help build muscle!
Help you move!

CDC links to:

<http://www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html>

Calcium and bone health

MyPlate Links to:

<http://www.choosemyplate.gov/foodgroups/dairy.html>

Help your preschooler enjoy and consume milk products.

Tips for making wise choices:

Keep it safe to eat.

For those who choose not to consume milk products.

What counts as 1 cup in the milk group?

What foods are included in the milk, yogurt, and cheese (milk) group?

**Dairy helps
you move!**

