

Moooving Up To 3 A Day



How many servings of dairy is your child getting each day?
For strong bones and teeth, serve your child dairy products like milk, cheese and yogurt to provide calcium and vitamin D everyday.

Calcium And Vitamin D Requirements

Age (years)	Calcium (mg/day)	Vitamin D (IU/day)
1-3	700	600
4-8	1,000	600



Source: 2010 Dietary Reference Intakes, IOM.

*Look at the Nutrition Facts label for > 10 – 30% DV for calcium and vitamin D to make sure it is a good source. If your child can not eat enough a calcium and vitamin D supplement may be needed.



Sources Of Calcium and Vitamin D

Calcium Source	Serving Size	Amount (mg)	Vitamin D Source	Serving Size	Amount (IU)
Milk	1 cup	250-300	Tuna, canned	3 oz	150-200
Cheese	1 slice	150-200	Fortified Juice	1/2 cup	50-75
Yogurt	1 cup	350-400	Fortified Milk	1 cup	120-125
Pudding	1/2 cup	55-140	Fortified Cereal	1 cup	40-100
Broccoli	1/2 cup	20-35	Eggs	1 whole egg	25

*Another good source of vitamin D is sunlight. Our bodies make vitamin D from the sun's rays. Just 15 minutes each day, during the summer and spring,, the body can make the amount it needs.

*Note: During the winter months, sun exposure is not enough to meet vitamin D needs.

Ways To Add Dairy Into Daily Diet

Adding dairy into your child's diet can be healthy, easy and fun!

- Make a fruit smoothie with milk and yogurt (see recipe on back)
- Add low-fat cheese like cheddar or mozzarella to scrambled eggs
- Use milk when preparing foods that call for water like soup, pancakes and oatmeal
- Make a yogurt dip for fruit (see recipe on back)



What If My Child Can't Consume Dairy?

If your child is lactose intolerant try offering Lactaid milk or if they are allergic to milk try soy milk, tofu, calcium and vitamin D fortified orange juice, soy cheese and yogurt. Some people with a lactose intolerance can usually have small amounts of yogurt and cheese. Be sure any soy products you give your child are fortified with calcium and vitamin D as these nutrients are not naturally found in soy foods.

Adding dairy to your child's daily diet can be healthy, easy, and fun! Try these yummy recipes:

Yummy Yogurt Dip



Ingredients:

2 cups low-fat plain or vanilla yogurt
1 (8oz) pkg low-fat cream cheese, softened
1 tsp ground cinnamon

Directions: Combine all ingredients above into one bowl and stir together. Chill and serve with fresh fruit.

Serves 8, Serving Size 1/4 cup: 90 cal, 4.5 g fat, 6 g carbohydrates, 3 g protein, 4 g sugar, 10% calcium

Fruity Yogurt Smoothie



Ingredients:

1/2 cup favorite fruit (bananas, berries, mango)
3/4 cup yogurt (any flavor)
1 cup milk

Directions: Peel and cut fruit as appropriate. Combine all ingredients in a blender and blend until smooth. Pour into glass and serve cold.

Serves 1, Serving Size 1 cup: 260 cal, 3 g fat, 40 carbohydrates, 15 g protein, 20 g sugar, 45% calcium

<http://www.easy-kids-recipes.com/healthy-smoothie-recipes.html>

Tips and Ideas

- *Get the kids involved by having them help add the ingredients when making recipes.
- *Bring children grocery shopping with you and have them pick out the ingredients (for example, their favorite kind of yogurt and fruit).
- *Use whole milk if your child is 1-2 years old and use 1% or skim milk if your child is 2 years or older when making recipes.
- *If your child is not able to consume dairy products replace yogurt and milk with soy milk and tofu instead in a recipe.

Check Out These Websites For More Information

www.NationalDairyCouncil.org

www.ChooseMyPlate.gov—Go to dairy section of the plate

