

How Much Milk for My Child?



Not Enough Milk. . .

Milk is a great source of calcium, as is cheese and yogurt.

If children don't get enough calcium, their teeth and bones won't be strong. Children need calcium to build strong bones and teeth to last a lifetime.

Milk is a food—not a thirst quencher. When children are thirsty, give them water, or fruit juice diluted with water (half water, half juice). Stay away from sugary sodas, sports drinks, sweetened water/tea.

Too Much Milk. . .

Milk is a healthy food, when you eat the right amount. Too much milk can cause these problems:

- Make children too full so they're not hungry for other foods.
- Crowd out foods rich in iron, making a child anemic.
- Give too many calories without all vitamins and minerals needed for good growth, resulting in

This Amount of Milk is Just Right!



Age	Amount Needed Each Day	Portion Size Examples How Much to Serve at One Time
1 to 3 years	1.5 to 2 cups	1/2 c. milk, 3/4 ounce cheese
4 to 8 years	2 cups	1/2 cup milk, 1 ounce cheese
9 yrs to adult	3 cups	1 cup milk, 1.5 ounces cheese