



**Eating right  
and being active...  
It's as easy as**



**54321 Go!**

**3**

**servings of low-fat dairy a day**

### Dairy fact

- Milk is one of the best food sources of Vitamin D, which helps the body absorb and use calcium.

### Bone facts

- Bones are living!
- An adult has 206 bones.
- Bones are made of calcium, magnesium, phosphorus, potassium, and a number of other minerals.
- Your bones continue to increase in mass until around age 30 - then you start losing bone mass, that's why it's important to start early.

### Other than calcium, what else does my child need for healthy bones and teeth?

- Vitamin D is necessary for the body to use calcium to build strong bones and teeth.
- Fluoride is important for cavity prevention, particularly in children, whose teeth are still developing. Fluoride is found in Lincoln's tap water.
- Weight-bearing exercise helps bones develop strength and optimizes bone mineral density.
- Examples of weight-bearing activities include walking, jogging, jump rope, jumping jacks, hopscotch, etc.

### Boosting your daily dairy intake

- Have milk as a beverage with your meals instead of juice or soda.
- Cottage cheese with canned fruit goes great with a meal.
- Have cheese and crackers as a snack.
- Mix up a quick dairy-full dip for vegetables with plain yogurt and a ranch or other dip seasoning packet.
- Kids love string cheese-choose a low-fat version for the best nutritional punch.
- Pudding made with milk counts as a dairy serving-and makes a great dessert!
- Make a yogurt parfait with layers of yogurt, fruit, and granola or breakfast cereal.
- Cheese makes a great snack with apples or other fruit.
- Use milk instead of water when making instant hot cocoa or oatmeal.

### Make a fruit & yogurt SMOOTHIE

- ½ cup favorite fruit
- ¾ cup yogurt
- 1 cup milk
- 1 Tbsp sugar (optional)

Cut fruit into small pieces. Pour all ingredients into blender. Puree until smooth. Pour into a glass and serve with or without a straw.

For a colder smoothie, add some ice cubes to the blender before you puree.



## Which milk should we choose?

- Children age 2 or older should drink low-fat milk. Choose 2%, 1%, or skim according to your preference. 2% has half as much fat as whole milk, 1% has half as much as 2%, and skim has no fat at all.
- Children under age 2 should drink whole milk (also called “Vitamin D” milk, although all fluid milk contains Vitamin D) they need the fat in whole milk to develop properly.
- Children under 1 year of age should not drink regular cow’s milk.

## What about lactose intolerance?

Lactose intolerance is caused by an inability of the body to properly digest a certain milk sugar called lactose.

**Non-dairy sources of calcium:**

**Soy milk (also contains Vitamin D)**

**Calcium fortified orange juice**

**Dark green vegetables like broccoli, kale, collard greens**

**Tofu processed with calcium sulfate**

**Almonds and almond butter**

**5** servings of fruits and vegetables a day

**4** servings of water a day

**3** servings of low-fat dairy a day

**2** hours or less of screen time a day

**1** hour or more of physical activity a day

**Go!**



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Creating community solutions for children’s health