Leading health experts agree water and plain milk are the only recommended beverages for children 1 to 5 years of age. Plant-based alternatives are not recommended due to their wide variability in nutrient content, limited evidence of bioavailability and impact on diet quality and health outcomes.¹

### Dairy’s Unique Contributions

Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition.

Milk, in particular, provides a powerful package of 13 essential nutrients.

- Calcium, phosphorus and vitamin D help build and maintain strong bones and teeth.
- The high-quality protein found in dairy foods helps build and repair muscles.
- The package of B vitamins helps convert food to fuel.

### Special Considerations

It is important for adults to role model healthy eating behaviors for children. One easy way to help kids build healthy habits is to serve nutrient-rich milk at meals and water in between for hydration.

### Recommended Daily Dairy Servings²,³

- **2-3 years old**: 2 cups
- **4-5 years old**: 2 ½ cups

See backside for what counts as a serving of dairy. There are a variety of ways to enjoy milk, cheese and yogurt to meet the recommended daily servings.
Fruit & Yogurt Popsicle
Makes 6 servings

Ingredients:
- 3 cups frozen raspberries, blueberries and/or strawberries
- 3 cups fat free yogurt

Instructions:
- Place ½ cup of fruit in paper cup.
- Place ¼ cup yogurt into cups of fruit.
- Stir each cup with spoon or wooden popsicle stick and place in center of cup.
- Freeze until firm.

Dairy Wheel for Preschoolers
What counts as a cup?² ³


Milk, yogurt and cheese are foundational foods that help nourish people throughout life. Dairy foods, including lactose-free varieties, are highly nutritious and accessible options that help fill nutrient gaps and contribute to healthy eating patterns. To learn more about how dairy foods help people thrive across the lifespan, visit USDairy.com.