Kids aren’t getting enough calcium, vitamin D, and potassium. Luckily, these nutrients are all found in dairy foods.

Vitamin D and calcium work together to build strong, healthy bones and teeth — without vitamin D, your body can’t absorb calcium.

Potassium helps regulate fluid balance and maintain blood pressure. It also helps with muscle activity.

Three servings of daily milk, yogurt, or cheese gives you a powerful punch of 13 essential nutrients.

Incorporate More Milk!

- Stir up a bowl of instant or old-fashioned oatmeal with milk instead of water.
- Use milk instead of water when preparing canned or packaged soups.
- Microwave a cup of low-fat chocolate milk for instant hot chocolate.
- Blend a cup of low-fat milk with frozen berries and a teaspoon of chocolate syrup.
- Use milk instead of water when preparing instant mashed potatoes, rice, or stuffing.
- Mix low-fat strawberry milk with strawberry slices; freeze in a Popsicle container.

For more recipes and information, visit WinnersDrinkMilk.com
Directions
Preheat oven to 375°F. Place flatbread on a baking sheet. Spread with ¼ cup of pizza sauce; layer with ¼ cup each of the pineapple, red onion, red pepper, and cheese. Bake 8–10 minutes, or until cheese is melted. If you want, sprinkle with red chili flakes to add a hint of spice!

Ingredients
1 (11.2 oz) package thin whole grain flatbreads
1 (12 oz) can pizza sauce
1 (12 oz) can pineapple tidbits, drained
1½ cups red onion, peeled, diced
1½ cups red bell pepper, stemmed, cored, diced
1½ cups part-skim Mozzarella cheese, shredded

Cheese may help children eat more fruits, vegetables, and whole grains when added or eaten with these foods. Even reduced-fat cheese has the same essential nutrients as regular cheese.

Yogurt is an excellent source of protein, calcium and vitamin D. It makes a quick and easy snack or a great dip or topping.

Chocolate milk delivers the same 13 essential nutrients as white milk. In fact, pediatricians recommend low-fat or fat-free flavored milks to help optimize bone health and calcium intake.

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