

DAIRY NUTRITION

for kids! *Facts + Tips*

▶ 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.

Did you **KNOW**?

- ▶ 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.

Serving Sizes



8 oz
yogurt



8 oz milk



1½ oz cheese
(4 dice-sized cubes)



Pineapple Mozzarella Flatbread

Makes 6 servings

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

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!



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