

YOUR KIDS NEED CALCIUM

Growing Children Need Calcium to Build Strong Bones and Teeth!

What Counts as One Cup of Milk?

Milk
2% reduced-fat,
1% low-fat, fat-free
All are available lactose free



Natural Cheese
Such as Cheddar, Mozzarella
or Colby



1 1/2 ounces counts as 1 cup of milk
1/3 cup shredded cheese counts as
1 cup of milk

Yogurt
2% reduced-fat, low-fat
or fat-free



1 container (6 to 8 ounces)
counts as 1 cup of milk

Macaroni and Cheese
From packaged mix



2 cups count as 1 cup of milk

Processed American Cheese



3 slices count as 1 cup of milk

Pudding made with Milk or
Frozen Yogurt or Ice Milk



1 cup counts as 1 cup of milk

Tomato Soup
Made with milk



2 cups count as 1 cup of milk

Give Your Child
More Calcium

Use milk instead of water
when making:

- Hot cereal
- Hot chocolate
- Instant mashed potatoes
- Scrambled eggs
- Pancakes
- Condensed soup

Grilled Cheese Sandwich
Made with Processed
American Cheese



1 sandwich made with
3 slices of cheese
counts as 1 cup of milk

FOOD GUIDE FOR YOUNG CHILDREN

	Ages 2 and 3	Ages 4 and 5
Grain Group At least half of all grains eaten should be whole grains. ■ These foods count as 1 ounce: ■ 1 slice whole wheat bread ■ 1/2 cup cooked oatmeal ■ 1/2 cup cooked rice or pasta ■ 1 cup ready-to-eat cereal ■ 1 flour or corn tortilla (6 inches)	3 to 5 ounces	4 to 5 ounces
Vegetable Group Try carrots, broccoli, cauliflower, green peppers, green beans, peas, tomatoes and celery. ■ These foods count as 1 cup: ■ 1 cup raw or cooked vegetables ■ 2 cups leafy vegetable	1 to 1½ cups	1½ to 2 cups
Fruit Group Choose most of your fruits fresh or frozen and drink 100% juice. Try apples, bananas, peaches, orange slices, blueberries and dried apricots, cherries and raisins. ■ These foods count as 1 cup: ■ 1 cup cut-up fruit ■ 1 cup 100% fruit juice ■ 1/2 cup dried fruit ■ 1/2 cup is equal to: ■ 1 small fruit	1 to 1½ cups	1 to 1½ cups
Milk Group Include milk as a beverage at meals. Talk to your pediatrician or registered dietitian about reduced-fat and whole milk. ■ These foods count as 1 cup: ■ 1 cup milk ■ 1 cup yogurt ■ 1½ ounces natural cheese ■ 2 ounces American cheese ■ 1 cup pudding made with milk	2 cups	2 to 3 cups
Meat, Fish, Beans, and Nuts Group Serve lean meat, poultry, or fish. ■ These foods count as 1 ounce: ■ 1 ounce cooked meat, fish or poultry ■ 1 egg ■ 1/4 cup cooked dry beans/peas	2 to 4 ounces	3 to 5 ounces

Based on USDA MyPyramid Food Intakes Patterns.

Please be advised of choking hazards with small hard foods like raisins, grapes, nuts, seeds and popcorn.



NATIONAL DAIRY COUNCIL®

