



Drink More Milk and Water

Did you know?

For kids of all ages, water and milk are the best choices. Not only is water free from calories, but drinking it teaches your children to accept a low-flavor, sugar-free beverage to quench thirst.



How much milk should kids drink each day?*



Children ages 2-3 years
2 cups milk/day

Children ages 4-8 years
2 ½ cups milk/day

Children ages 9-18 years and adults
3 cups of milk/day

Tips:

- ◆ Gradually make the change from whole milk to low-fat or fat-free milk.
- ◆ Keep a water bottle filled with water in the fridge for a quick grab-and-go drink.
- ◆ Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- ◆ For individuals who are lactose-intolerant, low-lactose and lactose-free, milk products are available!
- ◆ Have string cheese or bite size low-fat cheese cubes in small bags ready to grab for a quick snack!



Having trouble getting your child to drink milk?

- Have them eat more cheese products (like low-fat cottage cheese, string cheese, and yogurt).
- Add low-fat milk to their favorite yogurt to make it drinkable.
- Make oatmeal with low-fat milk instead of water.
- Mix low-fat milk and natural orange juice and freeze it to make popsicles as a cool treat!

Be a role model and set a good example!



Fruit-Infused Water

1. Fill a large jug with water, ice and sliced fruit (try citrus fruits like lemons or oranges, berries or melon).
2. Refrigerate overnight.
3. Drink and enjoy!

*U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010

