How much milk should your child drink?
The amount your child needs depends on age. Here are daily recommendations by age.

<table>
<thead>
<tr>
<th>Age</th>
<th>Daily Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children ages 2 - 3</td>
<td>2 cups</td>
</tr>
<tr>
<td>Children ages 4 – 5</td>
<td>2 ½ cups</td>
</tr>
</tbody>
</table>

There’s no power like Mom Power. Help children develop healthy eating habits for life. Offer them fat-free (skim) or low-fat (1%) milk, cheese, and yogurt at meals and snacks.

What other foods count as one cup of milk?
- 1 cup low-fat (1%) yogurt
- 1 ½ ounces low-fat cheese
- ⅓ cup low-fat cheese, shredded

Give your family milk for strong bodies and strong bones!

Banana-Yogurt Crunch (makes 2 child-size servings)
- ½ cup whole-grain cereal*
- 1 cup low-fat vanilla yogurt
- ½ cup sliced banana*
- ¼ cup blueberries* or raisins
Pour cereal into bowl and top with yogurt and banana slices. Sprinkle with blueberries or raisins if desired.

Creamy Oatmeal (makes 2 child-size servings)
- 1 cup low-fat milk*
- ½ cup regular oatmeal
Combine milk and oats in a small pan. Bring to a boil. Cook about 5 minutes over medium heat. Stir occasionally.

Hot Chocolate (makes 2 child-size servings)
- 1 cup skim milk*
- 2 teaspoons cocoa
- 2 teaspoons sugar
Whisk all ingredients together in a small saucepan. Heat over medium heat for 10 minutes or until desired temperature. Stir often.

*WIC supplemental food