**Why are milk, cheese, and yogurt healthy choices for your child to eat?**

- Help muscles move and refuel after play
- Promote a healthy heart
- Build strong bones and teeth
- Provide nutrients for good health

---

**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!**

**Cheesy Broccoli** (makes 8 child-size servings)

- 2 cups cooked broccoli*
- ½ cup low-fat cheese,* shredded

Sprinkle cheese on hot, cooked broccoli and serve.

**Fun-Face Sandwiches** (makes 2 child-size servings)

- 1 slice whole-wheat bread*
- 1 slice low-fat cheese*
- 1 cup sliced vegetables* (try zucchini, bell pepper or mushrooms)

Top bread with low-fat cheese. Let your child use the sliced vegetables to make funny faces on top of the cheese.

**Buffalo Yogurt Dip** (makes 12 child-size servings)

- 1 cup plain yogurt
- ¼ cup crumbled blue cheese
- 2 tablespoons chopped parsley
- ½ teaspoon hot sauce

In a bowl combine yogurt, blue cheese, parsley and hot sauce. Mix well. Serve dip with vegetables, chips or chicken fingers.

---

*WIC supplemental food

---