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>
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</thead>
<tbody>
<tr>
<td>Children ages 2 – 3</td>
<td>2 cups</td>
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<tr>
<td>Children ages 4 – 5</td>
<td>2 ½ cups</td>
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</tbody>
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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!

Apple-Cheese Crackers (makes 2 child-size servings)

- 6 whole-grain crackers
- 2 slices low-fat cheese* (divided into six pieces)
- 1 thinly sliced apple*

Top each cracker with a piece of cheese and apple slices.

Cheese Toast (makes 2 child-size servings)

- 1 slice whole-grain bread*
- 1 slice low-fat cheese*
- 2 slices fresh sliced tomato*

Top bread with one slice of cheese and tomato slices. Place on pan and broil on top rack of oven at (500 °F). Heat until cheese begins to melt.

Peach Cooler (makes 4 child-size servings)

- 2 cups low-fat milk*
- 1 cup drained canned peaches*
- ½ teaspoon lemon juice

Put all ingredients in a blender and mix well. Serve cold.