

# YOUR KIDS NEED CALCIUM

Growing Children Need Calcium to Build Strong Bones and Teeth!

**Milk and most dairy foods are excellent sources. How much do your children need?**

■ Most children who are 2 to 5 years old need 2 cups of milk and dairy foods each day.\*

## What Counts as One Cup of Milk?

### Milk

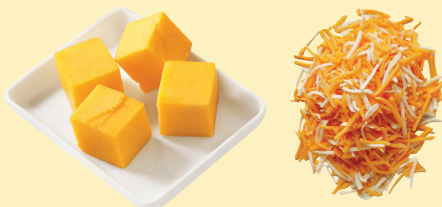
2% reduced-fat,  
1% low-fat, fat-free  
All are available lactose free



1 cup

### 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

Source: USDA MyPyramid

\*Children 4 to 5 years old that are physically active more than 60 minutes a day should have 3 servings.



Copyright © 2010 National Dairy Council®



NATIONAL DAIRY COUNCIL®



# FOOD GUIDE FOR YOUNG CHILDREN

	Ages 2 and 3	Ages 4 and 5
<p><b>Grain Group</b></p> <p>At least half of all grains eaten should be whole grains.</p> <ul style="list-style-type: none"> <li>These foods count as 1 ounce:           <ul style="list-style-type: none"> <li>1 slice whole wheat bread</li> <li>1/2 cup cooked oatmeal</li> <li>1/2 cup cooked rice or pasta</li> <li>1 cup ready-to-eat cereal</li> <li>1 flour or corn tortilla (6 inches)</li> </ul> </li> </ul>	<b>3 to 5</b> ounces	<b>4 to 5</b> ounces
<p><b>Vegetable Group</b></p> <p>Try carrots, broccoli, cauliflower, green peppers, green beans, peas, tomatoes and celery.</p> <ul style="list-style-type: none"> <li>These foods count as 1 cup:           <ul style="list-style-type: none"> <li>1 cup raw or cooked vegetables</li> <li>2 cups leafy vegetable</li> </ul> </li> </ul>	<b>1 to 1½</b> cups	<b>1½ to 2</b> cups
<p><b>Fruit Group</b></p> <p>Choose fresh, frozen, canned and dried fruit and 100% juice. Try apples, bananas, peaches, orange slices, blueberries and dried apricots, cherries and raisins.</p> <ul style="list-style-type: none"> <li>These foods count as 1 cup:           <ul style="list-style-type: none"> <li>1 cup cut-up fruit</li> <li>1 cup 100% fruit juice – limit portion to 1/2 cup per day*</li> <li>1/2 cup dried fruit</li> </ul> </li> <li>1/2 cup is equal to:           <ul style="list-style-type: none"> <li>1 small fruit</li> </ul> </li> </ul>	<b>1 to 1½</b> cups	<b>1 to 1½</b> cups
<p><b>Milk Group</b></p> <p>Serve milk with meals.</p> <ul style="list-style-type: none"> <li>These foods count as 1 cup:           <ul style="list-style-type: none"> <li>1 cup low-fat or fat-free milk</li> <li>1 cup low-fat yogurt</li> <li>1½ ounces natural cheese</li> <li>2 ounces American cheese</li> <li>1 cup pudding made with milk</li> </ul> </li> </ul>	<b>2</b> cups	<b>2 to 3</b> cups
<p><b>Meat, Fish, Beans, and Nuts Group</b></p> <p>Serve lean meat, poultry, or fish.</p> <ul style="list-style-type: none"> <li>These foods count as 1 ounce:           <ul style="list-style-type: none"> <li>1 ounce cooked meat, fish or poultry</li> <li>1 egg</li> <li>1/4 cup cooked dry beans/peas</li> </ul> </li> </ul>	<b>2 to 4</b> ounces	<b>3 to 5</b> ounces

Based on USDA MyPyramid Food Intake Patterns.

\*The American Academy of Pediatrics recommends limiting juice to 4 to 6 ounces per day for children ages 1 to 6.

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



NATIONAL DAIRY COUNCIL®

