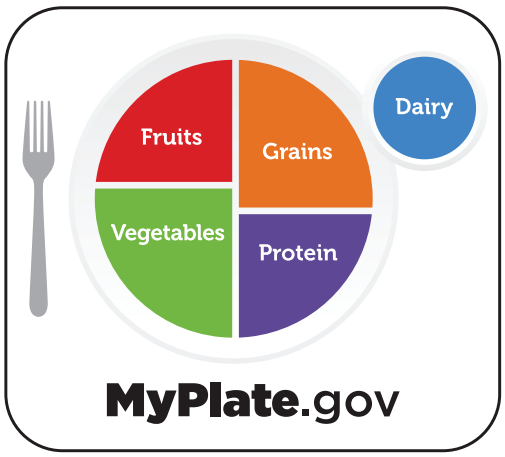
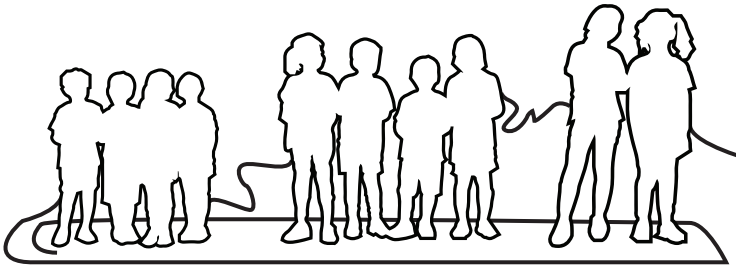
GOOD NUTRITION MADE EASY



The Dietary Guidelines for Americans and MyPlate recommends kids enjoy 2-3 servings of low-fat or fat-free dairy foods each day.



2-3-year -old:	4-8-year -old:	9+ -year -old:
2	3	3

For one serving of dairy you could choose:

Milk 8oz

Yogurt 8oz

Cheese 1½ - 2oz

GOOD FOR YOU

Drinking milk and eating dairy foods makes it easy for kids to get the nutrients their growing bodies need such as:

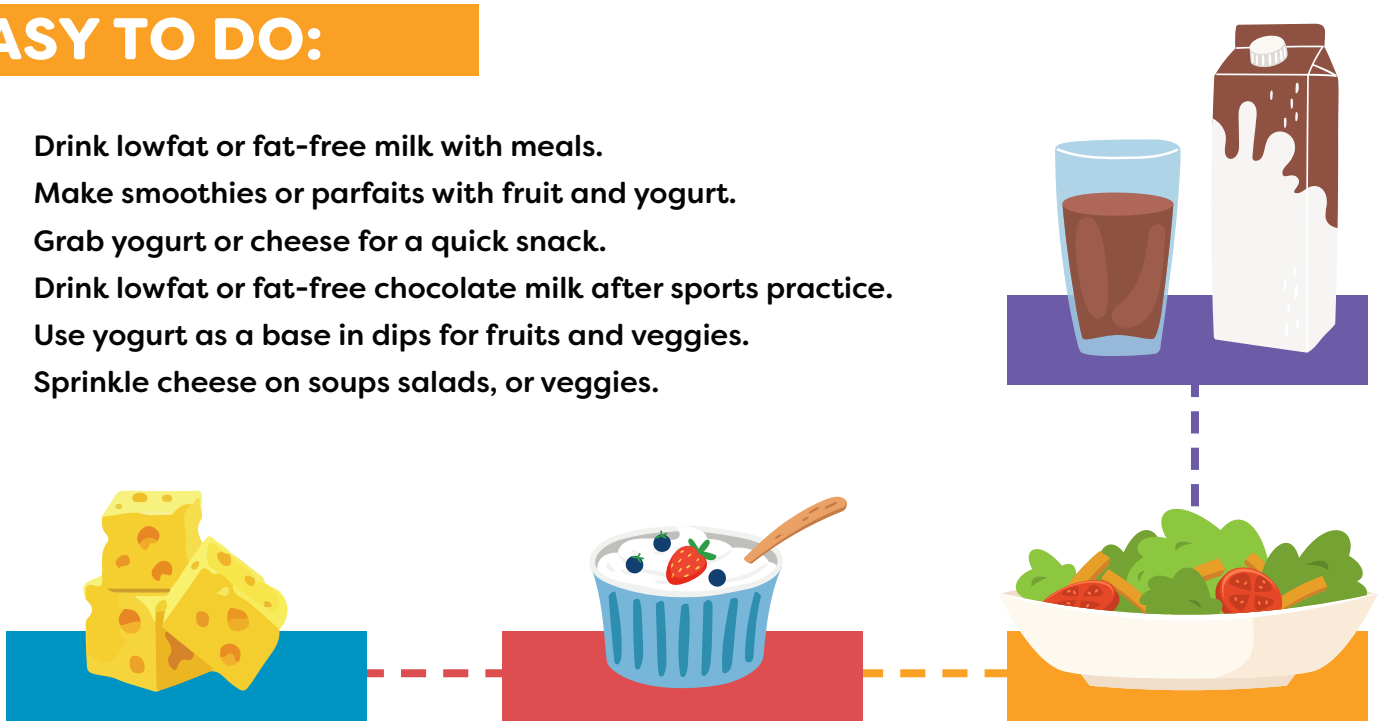
- Calcium & Vitamin D for strong bones & teeth
- Protein to build and repair muscle
- B-vitamins for energy

Dairy is also delicious, convenient, and cost effective.

13 essential nutrients in every 8-ounce glass

EASY TO DO:

- Drink lowfat or fat-free milk with meals.
- Make smoothies or parfaits with fruit and yogurt.
- Grab yogurt or cheese for a quick snack.
- Drink lowfat or fat-free chocolate milk after sports practice.
- Use yogurt as a base in dips for fruits and veggies.
- Sprinkle cheese on soups salads, or veggies.



FEEL GOOD ABOUT YOUR CHOICES

- 80% of a dairy cows' diet comes from plant fibers and feedstuff that cows can digest but humans can't and would otherwise go to landfills.
- 95% of U.S. dairy farms are family owned and operated.
- The carbon footprint of a glass of milk is two-thirds less than it was 70 years ago, yet it provides the same great taste and nutrition.
- Dairy only contributes about 2% of total greenhouse gas emissions in the U.S.
- Dairy farms are always innovating to produce dairy using fewer natural resources, like water or land.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025.* 9th Edition. December 2020. Available at DietaryGuidelines.gov. Thoma G, Popp J, Nutter D, Shonnard D, Ulrich R, Matlock M, Soo Kim D, Neiderman Z, Kemper N, East C, Adom F. Greenhouse gas emissions from milk production and consumption in the United States: A cradle-to-grave life cycle assessment circa 2008. International Dairy Journal. 2013;31(1):S3-S14. Cornell University. Milk Goes 'Green': Today's Dairy Farms Use Less Land, Feed And Water. Science Daily. Published June 2009. Accessed May 2020