

Dairy Every Day: Nourishing Brains, Bones & Bodies



Brains

Baby's brain doubles in size in the first year—cheese and yogurt as complementary foods can help fuel growing brains!¹⁻³



Bones

Dairy foods provide more bone-building nutrients per calorie than any other food group.⁴



Bodies

The recommended daily servings of dairy as part of a well-balanced diet can help maximize children's growth potential!^{2,4-7}



TIP!

Health experts recommend milk and water as the go-to drinks for 1-18 year-olds.^{8,9}

