Milk nourishes your body

Drinking nutrient-packed milk provides essential nutrients for growth, development, strong bones, and more. It's important across the lifespan.

Beverage choices matter.
Include nutrient-packed beverages like cow's milk to boost nutrition. Choose the dairy fat level appropriate for growth.

Between age 1-2, give your child whole milk. At age 2 switch to skim or 1% milk.

WHOLE MILK		2% MILK	
8g fat	8g protein	5g fat	8g protein

1% MILK		SKIM MILK	
2.5g fat	8g protein	0g fat	8g protein

Regardless of the fat level in cow's milk, each 8 oz glass has 13 essential nutrients — including 8g of protein, vitamin D and calcium.

Choose water most often

When you are thirsty, reach for water first. Water helps you stay hydrated without the extra calories. Choosing tap water saves money.

Carry a reusable water bottle to refill during the day.

Keep a cold pitcher of water in the front of your fridge.

Try unsweetened sparkling water if you like bubbles.

Add fruit or herbs to your water for a fresh flavor.

think drink grow

Every Sip Counts

Food and beverage choices impact our health at all stages of life.

Give your child healthy beverages to help them grow and reduce their risk of chronic diseases.

What are healthy beverages? Read on to find out!

Feel good about what your child is drinking.

Learn more at **myplate.gov**

think

Use the Nutrition Facts label to help with beverage choices.

drink

Choose beverages with little to no added sugars and more nutrients.

grow

Offer nutrient dense beverages that are low in sugars to help children get the vitamins and minerals their growing bodies need.

1% Low-fat milk

Nutrition Facts

2 servings per container

Serving size	1 Cup (240ml)

Amount Per Serving

Calories	**105**

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 120mg	**5%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D 2.5mcg	**10%**
Calcium 300mg	**25%**
Iron 0.12mg	**0%**
Potassium 400mg	**8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check the label.

The Nutrition Facts label can help you make healthier choices. Look for this key info:

→ **Serving size** — if you eat more than 1 serving, you'll get more of everything on the label.

→ **Calories** — keep in mind how many calories you need each day, and how many are in 1 serving.

Look at the % Daily Values (DV):

→ **5% DV or less is low** — try to choose foods low in added sugars, saturated fat, and sodium

→ **20% DV or more is high** — try to choose foods high in fiber, calcium, potassium, iron, and vitamin D

Limit added sugars.

It's important to get less than 10% of your daily calories from added sugars. Avoid giving any added sugars to children under age 2.

Children over 2	25g maximum
Adults	50g maximum

Choose Most Often

Drink	Added Sugars
Water	0g
Low-fat (1%), fat-free or lactose free milk	0g
Fortified plain soy beverages	0g
100% fruit juice (limit to 4oz)	0g

Limit

Drink (12 oz serving)	Added Sugars
Soda	37g
Sports drinks	20g
Fruit drinks	59g
Energy drinks	40g
Sweetened tea	29g
Lemonade	43g

Calcium and vitamin D help build strong bones and teeth

Potassium supports heart health

Protein is needed for growth and development

This resource is not intended to treat, diagnose, or cure disease. Talk with a medical professional for medical questions.