

Milk and Milk Products

Milk and milk products are important for preschoolers' growth and for building their bones.

They are a useful source of energy, calcium, protein and vitamin B12. The milk and milk products group includes cheese, yoghurt, and ice-cream.



Preschoolers (over 2 years of age) should be having at least **2 – 3 servings** of milk and milk products per day.

Reduced fat varieties of milk and milk products can be gradually introduced after two years of age.

Examples of a '**serving**' for children aged 2-12 years of milk and milk products are

- 1 glass milk
- 1 pottle yoghurt or dairy food
- 2 slices cheese (or about the size of a matchbox)
- 2 scoops of ice-cream (to be had occasionally)

Some easy ways of including milk and milk products in children's diets include

- Glass of milk / home made banana smoothie
- Milk on cereal
- Yoghurt (with breakfast, lunch, snack or dessert) or dairy food
- Custard
- Cheese as a sandwich filling
- Cheese cube / slice / wedge for a snack

If your child does not drink cow's milk (suitable after one year of age), soy milk and yoghurts that are fortified with calcium are a good alternative.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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