

My Child won't drink Milk

Milk is a great source of calcium, which is essential for healthy bones and teeth. After 12-months of age, the main milk for toddlers can be whole milk – full cream or homogenised. Toddlers need whole milk until they are two years, then reduced fat milk can be introduced.

If your child is not a “milk drinker” try these ideas:

- ✓ Grate cheese into mashed potato, on vegetables, into soup, casserole or white sauce
- ✓ Have cheese sandwiches –toasted or plain
- ✓ Give yoghurt as a snack or dessert, on its own or with some fruit
- ✓ Make a milk-based pudding like custard or rice pudding.

You can make milk more interesting by adding a few drops of food colouring, making a milkshake or adding fruit to make a smoothie.

Check that your child isn't filling up on sugary drinks like soft drinks and cordials. If consumed, limit to no more than one cup once a week.

Drinks like 100% fruit juices or flavoured milk should be limited to one cup of either (not both) once each day. Dilute fruit juice with water – almost fill a glass with water and then add a little juice. For flavoured milk, half fill a glass with flavoured milk and then dilute with trim milk.

Recommended Daily Calcium Intake for Young Children

Infants	7-12 months	550mg
Toddlers	1-3 years	700mg
Children	4-7 years	800mg

You can use the following chart to get a rough idea of your child's calcium intake.

Typical calcium content of some basic foods

Food	Serving Size	Calcium (mg)
Whole milk	1 glass (250ml)	235
Trim milk	1 glass	302
Cheddar cheese cube	1x2.5cm	216
Cottage cheese	½ cup	73
Yoghurt	1 pottle	173
Ice cream	½ cup	85
Salmon, canned	½ med can	88
Sardines, canned	4 sardines	264
Tuna, canned	½ med can	11

This information is not intended to replace the advice of your doctor or individual consultation with a Registered Dietitian. This information may only be used in its entirety.

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Tofu cubes	3x2.5cm	131
Walnuts	½ cup	35
Sesame seeds	2 tablespoons	22
Sunflower seeds	2 tablespoons	10
Lentils, boiled	1 cup	26
Baked beans	1 cup	121
Muesli	½ cup	30
Broccoli	1 stem and flower	137
Spinach, boiled	1 cup	81
Soy milk, calcium fortified	1 glass	232
Bread, wholemeal	2 slices	18

Remember, a child's food intake varies day-to-day and week-to-week. Talk to your family doctor or a Registered Dietitian if you have any concerns.

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