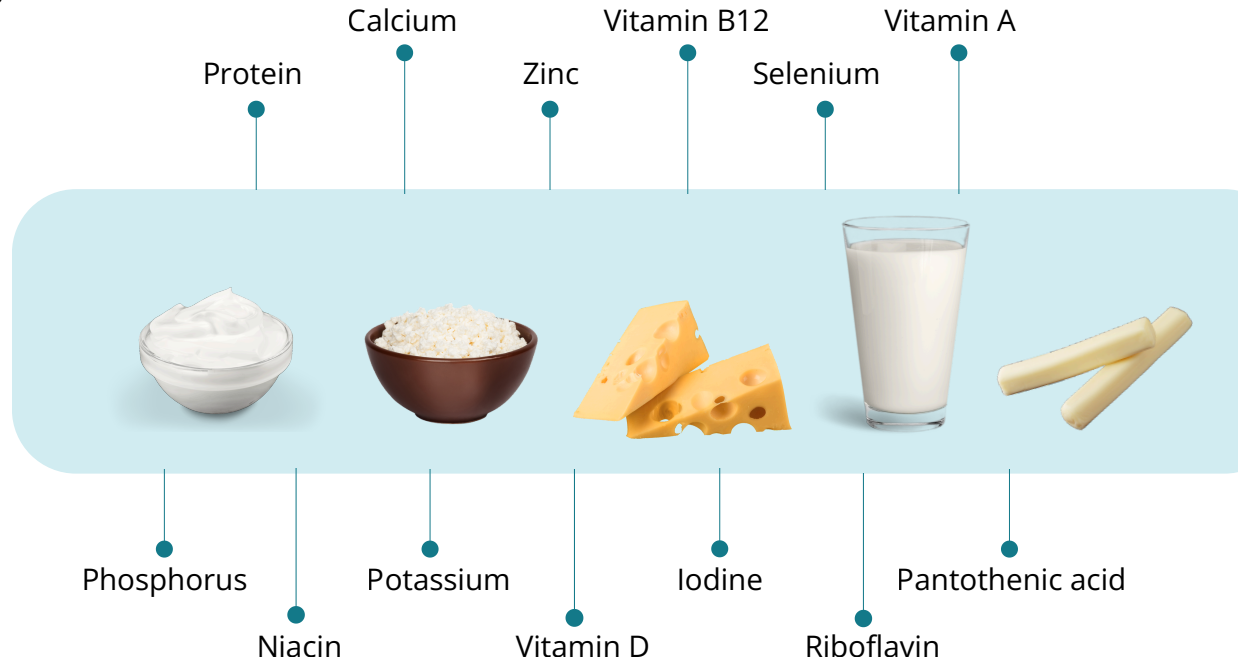


# All about milk

Pasteurized cow's milk and some fortified plant-based milks are good sources of vitamin D, calcium, and protein for **adults and children 12 months and older**. Read on to learn more so you can make the best decision for your family.

## Cow's milk

One cup (8 fluid ounces) of cow's milk has **13 essential nutrients** your body needs.



## Plant-based milks

Plant-based milks are made from plants like soy, oat, pea, rice, coconut, cashew, and almond. Cow's milk and plant-based milks should **not** be given to **children younger than 12 months old**.

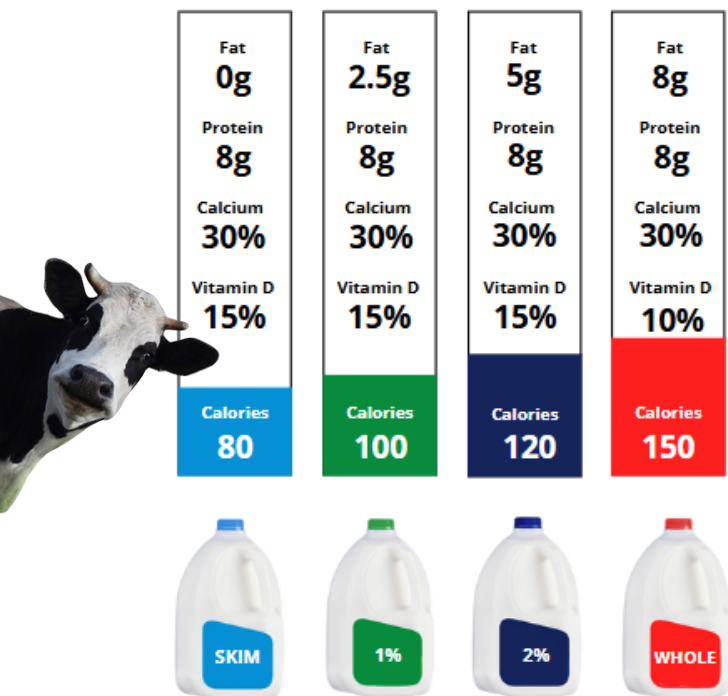
If your family prefers plant-based milks, look for options that are **fortified** with calcium, vitamin D, and other important nutrients. Fortified means vitamins or minerals were added. Choose plant-based milks that have similar Daily Value percentages (DV%) of nutrients as cow's milk. Look at how many calories, fat, protein, and added sugars are in each serving since there can be a lot of differences in plant-based milks.



**Fortified soy milk** is usually the most comparable to cow's milk because it naturally has the same amount of protein, and other important nutrients are added (like calcium, vitamin D, and vitamin B12).

## What's the difference in cow's milk?

The fat and calories may be different, but **all cow's milk has the same 13 essential nutrients.**



### Skim (non-fat) and 1% milk

Recommended for children and adults aged 2 years and older.

### 2% milk

Recommended for children aged 2 years and older who aren't growing fast enough, or adults who need extra calories.

### Whole milk

Recommended for children and adults who need extra calories, and children 12 to 24 months old.

Children 12 to 24 months old need the extra fat in whole milk to help their brain develop and grow at this important time in their life.

## What is lactose-free milk?


Lactose-free milk is real cow's milk that has had the lactose (the natural sugar found in dairy) removed or broken down. **It still has all the same important nutrients as regular cow's milk.** Lactose-free cow's milk is a great option for kids or adults with lactose intolerance—a condition where the body has a hard time digesting lactose.

Some people think it tastes a little sweeter than regular milk because the lactose is broken down into simpler sugars, but the amount of natural sugar is still the same as regular cow's milk.

## How much dairy do you need each day?

 **1 to 3 years old** — 2 cups

 **4 to 5 years old** — 2 ½ cups

 **Adult** — 3 cups

## What counts as 1 cup in the dairy group?

Milk	1 cup
Calcium-fortified soy milk	1 cup
Yogurt (dairy or fortified soy)	1 cup
Kefir	1 cup
Hard cheese (cheddar, mozzarella, Swiss)	1 ½ ounces
Shredded cheese	⅓ cup
Cottage cheese	2 cups