

More Milk Please Mom!

Milk is good food for kids. But, like many foods, kids need ENOUGH milk to get good nutrition, but NOT TOO MUCH (which can cause problems).

NOT ENOUGH MILK	TOO MUCH MILK
<ul style="list-style-type: none">• Risk of protein deficiency• Risk of calcium deficiency	<ul style="list-style-type: none">• Risk of iron deficiency anemia• Risk of overweight• Can make kids NOT want eat enough other foods, or to be “picky” because they are too full on milk.

HOW MUCH IS ENOUGH but NOT TOO MUCH?

12 months to 2 years:

- 16 – 20 oz of WHOLE cow’s milk (never use low fat milk, regardless of your child’s weight)
- always offer milk in a cup (not a bottle)
- if still breastfeeding past 12 months, it is normal for your child to drink less cow’s milk (sometimes even as little as 4-6 oz/day) until they are completely weaned.
- offer milk at meals, and water in between for thirst.



2 to 6 years:

- 6 servings per day of milk products, examples of servings include:
 - ½ cup milk, yogurt or pudding
 - ¾ oz of cheese
 - 1 cup of cottage cheese
- lower-fat milk products are appropriate for some kids; gradually switch to lower fat milk over several years (fat is still needed for healthy brain development!)

WHAT IF MY CHILD CAN’T or WON’T DRINK MILK??

12 months to 2 years:

- follow the guidance of your doctor or registered dietitian

2 to 6 years:

- offer appropriate milk substitutes, such as:
 - calcium-fortified foods (orange juice, breakfast cereals)
 - enriched soy milk
 - offer more cheese
 - ensure adequate protein from meat, eggs, fish, and beans
- follow your doctor’s guidance on vitamin supplementation, if needed

Source: American Academy of Pediatrics, American Dietetic Association

Some Juicy News...

Kids love juice. And most parents feel good giving their kids 100% juice because it is more nutritious than many other beverage choices. Right? Well, yes and no! The American Academy of Pediatrics (AAP) has a policy statement on the “use and misuse” of 100% fruit juice. Key points from this policy statement include:

- 100% fruit juice can be healthy in **small** amounts (4-6 oz/day for kids aged 1-6), as part of an overall balanced diet.
- Juice should NOT be given to infants under 6 months of age.
- Juice should NEVER be given in a bottle.
- Whole fruit (e.g. orange slices) is nutritionally better than juice.
- Juice should NOT be used for treating dehydration or diarrhea. In fact, too much juice can *cause* diarrhea, intestinal gas, and bloating.
- Too much juice can cause malnutrition (e.g. kids fill up on juice so they are not hungry for other foods) and tooth decay.

Is your child drinking too much juice? The AAP recommends **no more than 6 ounces** of juice a day for kids aged 1-6. That's just $\frac{3}{4}$ of a cup a day. Here's what you can do:

- Don't let your child drink juice all day from a sippy cup. Offer water instead. Find a cool water bottle your child really likes (they have lots to choose from, and kids especially like the ones with straws). Remember that Kodiak water is not fluoridated; consider giving fluoride drops to infants and children under three.
- Try designating one meal to have juice (like breakfast). Give milk at all other meals and snacks, and water in between for thirst.
- Dilute your child's juice half and half with water to cut back on the sugar.
- Encourage your child to eat whole fruit instead of juice. Whole fruit has all the nutrition of juice, plus fiber and other nutrients that are not in juice.
- Some parents choose to only buy juice (or soda) for special occasions, so that it is just not around the house on a regular basis.



Source: *Pediatrics* 107:1210-1213, 2001