



"I EAT RIGHT"

What's the Deal with Dairy

TODAY WE DID:

Today we did a 15 minute lesson on nutrition and the benefits of including dairy in your diet. We also did 30 minutes of physical activity with your child.

TODAY MY CHILD LEARNED:

Today we talked about why it is important to include dairy in your daily food intake. We also talked about the kinds of nutrients and sugars are found in dairy products.

We talked about how different age groups need to consume different servings of dairy per day. For 4-8 year olds, 2.5 cups are recommended. If your child is 9 or older, they should consume at least 3 cups per day.

HEALTHY HABIT OF THE WEEK:

I will eat a healthy breakfast each day.



Healthy LifeStars

Today, we learned about why it is important to have dairy in your diet!

We talked about how dairy products contain important nutrients like calcium! The kids learned that calcium is important while we are growing because it keeps our bones healthy and strong! Without dairy, our bones would become weak and break easily.

We also learned about some healthy dairy options we can include in our everyday diets, like:

- Low-fat milk
- Yogurt
- Cheese
- Cottage Cheese
- Sour Cream
- Cream Cheese

We learned that while it is okay to consume full-fat dairy products like cream cheese, it is better to choose low-fat options. The kids learned this is because low-fat dairy products have all the same nutrients, and they're better for our heart health!

We also talked about how some people are lactose-intolerant because their bodies cannot break down the sugar, lactose, in many dairy products. There are dairy-free options for these individuals, like oat milk, dairy-free cheese, and almond milk.

QUESTIONS TO ASK YOUR CHILD TO CONTINUE THE DISCUSSION FROM TODAY:

Q: Dairy comes from what kinds of animals?

A: Cows and goats

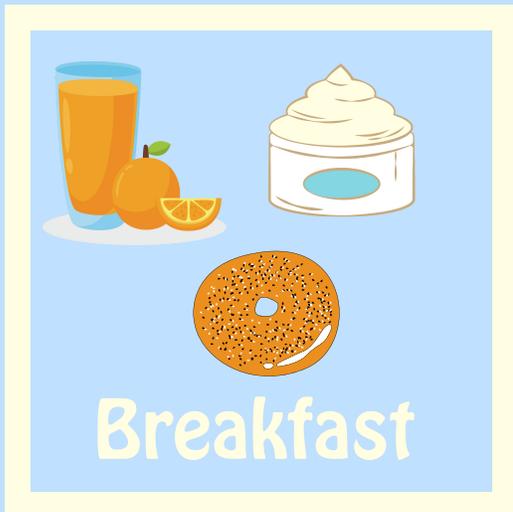
Q: What nutrient in dairy helps us keep our bones strong?

A: Calcium

Q: What are some examples of dairy products we eat?

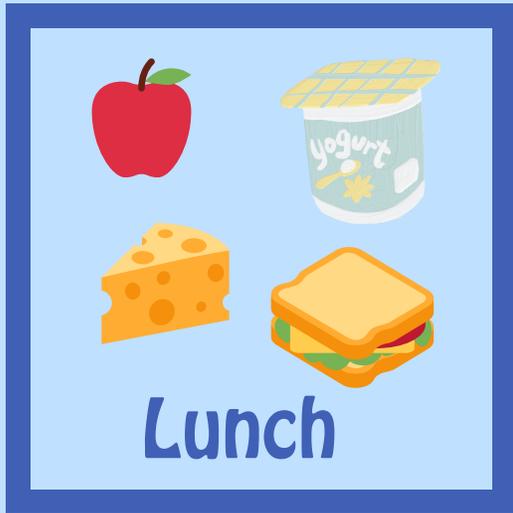
Constructing Meals with Dairy in Mind

Kids should have 2.5-3 cups of dairy every day



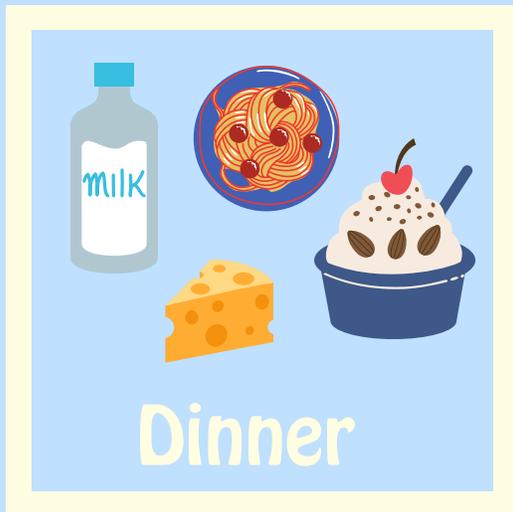
- 1 cup (8 oz.) Orange Juice
- 1 bagel
- 1 Fruit
- 2 tbsp. Cream Cheese

2 tbsp. dairy = 1/8 cup dairy
So, this meal contains 1/8 cup dairy



- 1 Sandwich with Cheese
- 1 cup of Low-Fat Yogurt
- 1 Fruit

This meal contains 1 cup of dairy



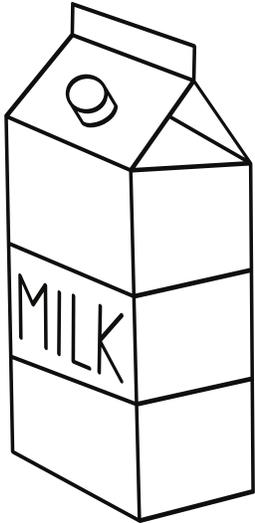
- 1 Cup (8 oz.) Low-Fat Milk
- 2 tbsp. Parmesan Cheese
- 1 Cup Pasta
- 1 scoop frozen yogurt for dessert

1 scoop = ~1/3 cup
So, this meal has 1 1/2 cups of dairy

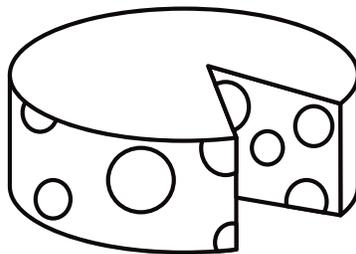
Total = 2 1/2 cups of Dairy!

Kids, Color in the Healthy Dairy Options!

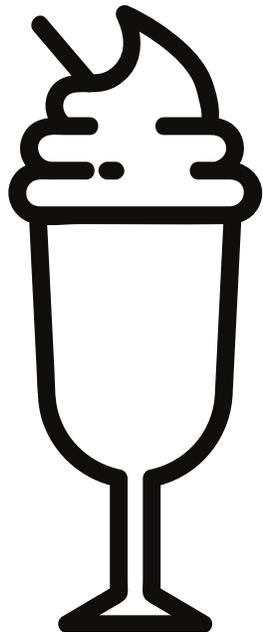
Milk



Cheese



Ice Cream



Milkshake



Yogurt