

Dairy Every Day is a Healthy Way

Dairy foods help healthy brains, bones and bodies grow.

All aboard
for healthy
eating!

Plant-based milks – aside from
fortified soy milk - don't match
the nutrition in dairy milk.

Be sure to read
the food label.

Brain Health

Dairy foods provide
7 of 14 nutrients key
for early brain
development.

Strong Bones

Dairy foods provide
bone-building
vitamins and minerals.

Immune Health

Dairy foods provide
nutrients, as part of a
healthy diet, important
for immune health.

Growth

Dairy foods have
key nutrients that
fuel growth and
development.



6–12 months

Introduce yogurt
and cheese



1–2 years

Aim for 1½–2
cups a day



2–3 years

Aim for 2
cups a day



4–8 years

Aim for
2 ½ cups a day



9+ years

Aim for
3 cups a day

What counts
as a cup* of dairy?

*Can be divided into several
servings throughout the day.



Milk

• 1 cup/8 ounces



Yogurt

• 1 cup/8 ounces
(no added sugar)



Cheese

• 1½ ounces of hard cheese
• ⅓ cup shredded cheese
• 1 ounce American cheese

Milk, yogurt and cheese are power foods with protein, carbohydrates and fats, as well as many vitamins and minerals to help build brains, bones and healthy immune systems.

Make Every Bite & Sip Count

Pairing dairy foods — milk, cheese and yogurt — with other healthy foods like fruits, veggies and whole grains can help build good eating habits and help children grow and thrive.

Quick tips to help your child build healthy habits

6-12 months



- Cottage cheese
- Pureed fruit



- Chopped cooked veggies
- Shredded cheese

After 12 months



- Milk with meals



- Yogurt dip
- Pepper strips



- Whole grain tortillas
- Cheese
- Smashed black beans



Both affordable and practical, you can find milk, cheese and yogurt in several textures and varieties, including lactose-free. Chances are there is something even picky eaters will like.



Tummy troubles?

There are lactose-free options for tiny tummies

- Lactose-free dairy milk is real dairy milk just without the lactose.
- Yogurt with probiotics can help break down lactose, making it easier to digest.
- Hard cheeses (e.g., Cheddar, Swiss, Colby, etc.) contain very little lactose.

What Milk When?



0-6 months

Breast milk or infant formula only.



6-12 months

Breast milk or infant formula with baby's first bites.

At around 6 months introduce tastes and textures of nutrient-rich foods like yogurt and cheese, eggs, iron-fortified cereal, ground beef and pureed fruits and vegetables to help baby learn to like a variety of healthy foods.



12 months

After baby's first birthday, it is time to add whole dairy milk to fuel brain and growth spurts. Breastfeeding can continue after 1 year if desired.



2-5 years

Switch from whole milk to low-fat or fat-free dairy milk. Think milk at meals and water in between.

Children under 5 should avoid plant-based/non-dairy milks,* caffeinated beverages, sugar and low-calorie sweetened beverages, toddler formula and flavored dairy milk.

*In case of a milk protein allergy; fortified soymilk is the recommendation.

Learn more:



Note: Individuals are encouraged to obtain personalized health and medical advice from their pediatrician.

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DrinkMaineMilk.org

