

January 2017



Pick a **better snack**™



**Their bodies change.
So should their milk.**

Which Milk is Best?

We want the best for our kids. Our growing children need the protein, calcium, vitamin D, potassium and other nutrients milk offers. Fat-free and 1% milk have the same nutrients as 2% and whole milk, with less fat (so fewer calories!). Choose fat-free and 1% milk for children over age 2.



Topic of the Month:

MILK



Mango Smoothie

Get the health benefits of milk AND fruits and veggies in this smoothie. You can use whatever fruit and yogurt you have on hand. Frozen fruits make the smoothie cold and thick. Yum!

Ingredients:

- 1/2 cup vanilla yogurt
- 1/2 cup fat-free or low-fat milk
- 1 cup frozen or fresh mango (peeled and cut)
- 1 whole banana, preferably frozen (tip: Freeze overripe bananas instead of tossing them. Peel before freezing.)
- Handful of spinach leaves (optional and encouraged!)

Instructions:

Blend in a blender until smooth.

Recipe adapted from Spend Smart. Eat Smart. Find more recipes at: www.extension.iastate.edu/foodsavings/



How Much Milk Does My Child Need?

Age	Milk
Children 4-8 years	2 ½ cups
Children 9-18 years	3 cups

Kids can eat other dairy foods instead of milk to get the nutrition they need. For example, 1 cup of low-fat yogurt can replace 1 cup of milk.

Need Help Buying Milk and Yogurt?

The WIC program provides dairy products such as milk, yogurt, and cheese for children ages 1 to 5 years. Call 1-800-532-1579 to find out how to apply for WIC.



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