



Milk Matters



**Florida Department of Health
WIC Program**

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Milk Matters



Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.





How much milk is needed daily?



- Children 1 to 3 years old need 2 cups per day
- Children 4 to 8 years old need 2½ cups per day
- Adults and children 9 years and older need 3 cups per day





What can you have in place of 1 cup of milk?



- 1 cup yogurt
- 1½ oz. natural cheese such as Cheddar, Mozzarella, Monterey Jack, or Colby cheese
- 2 oz. processed cheese such as Deluxe American cheese





For adults and children 2 years and older, make the switch to fat free and 1% lowfat milk!

Fat free and 1% lowfat milk:

- are better for your heart
- are healthier because they have less fat and fewer calories
- have similar amounts of protein, vitamins, and minerals as 2% and whole milk



An easy way to make the switch is to do it gradually. Start by switching from whole milk to 2% reduced fat milk. Then, change to 1% lowfat milk. Finally, try fat free milk.





What if milk causes digestive problems?

This happens in some people who have lactose intolerance. These people may have trouble digesting lactose—the natural sugar found in milk.

Lactose intolerance can cause stomach pain, diarrhea, bloating, and gas.





What if milk causes digestive problems?



In general, people with lactose intolerance can:

- Drink $\frac{1}{2}$ cup of milk along with other food—do not drink milk on an empty stomach.
- Eat yogurt or hard, aged cheeses such as Cheddar, Monterey Jack, or Colby cheese.
- Drink milk that is lactose free.
- Drink milk or eat dairy foods after taking lactase enzyme pills or drops.

WIC food packages can include lactose free milk, yogurt, and cheese. Talk to your WIC nutritionist about the foods that you or your children will receive each month.



What about milk alternatives?

Soy milk, also known as soy-based beverage, is the most common type of milk alternative.

The brands of soy milk provided by the WIC program contain 8 grams of protein per cup, which is the same amount of protein that is in one cup of cow's milk. Also, the brands of soy milk provided by WIC are fortified with important vitamins and minerals so they are similar to the nutrition value of cow's milk.

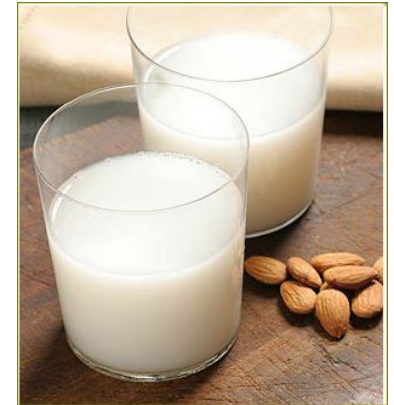




What about milk alternatives?

Beverages such as almond milk, coconut milk, rice milk, pea milk, and flax milk are not provided by the WIC program.

These beverages do not have the same nutrition value as cow's milk. For example, one cup of almond milk has only 1 gram of protein. While pea milk has a similar amount of protein as cow's milk, the quality of the protein is not as high.



If your child is allergic to cow's milk and soy, talk to your WIC nutritionist about special nutrition products available from the WIC program.



When can I begin giving my baby whole milk and dairy foods?

- At 6 months of age, you can begin giving your baby plain, whole milk yogurt.
- Once baby is able to eat finger foods, other dairy foods such as very small pieces of diced cheese can be added.
- At 1 year of age, you can begin offering whole milk.





Use all of your WIC food benefits each month

- It is important for you to purchase all of the foods loaded on your WIC EBT card each month. Buy the food within the allowed dates. Use the Florida WIC App on your Smartphone to view information about your WIC food benefits. To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.
- If there is a reason you are not buying all of your WIC foods, talk to your WIC nutritionist. She or he may be able to change what is on your card or give you more information about how you can prepare meals and snacks with your WIC foods.





Question

What did you see or hear today that you will try at home?