

# Milk Matters

## 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. cheese such as Cheddar, Mozzarella, Monterey Jack, or Colby

2 oz. processed cheese such as Deluxe American cheese

## 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.

### In general, people with lactose intolerance can:

- Drink ½ cup of milk along with other food—do not drink milk on an empty stomach.
- Eat yogurt or cheeses such as Cheddar, Monterey Jack, or Colby cheese.
- Drink milk that is lactose free.
- Drink milk or eat milk products after taking lactase enzyme pills or drops.

WIC food packages can include lactose free milk, yogurt, and cheese.

## For adults and children 2 years and older, make the move 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% reduced fat milk and whole milk

An easy way to make the move 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.

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

## What about milk alternatives?

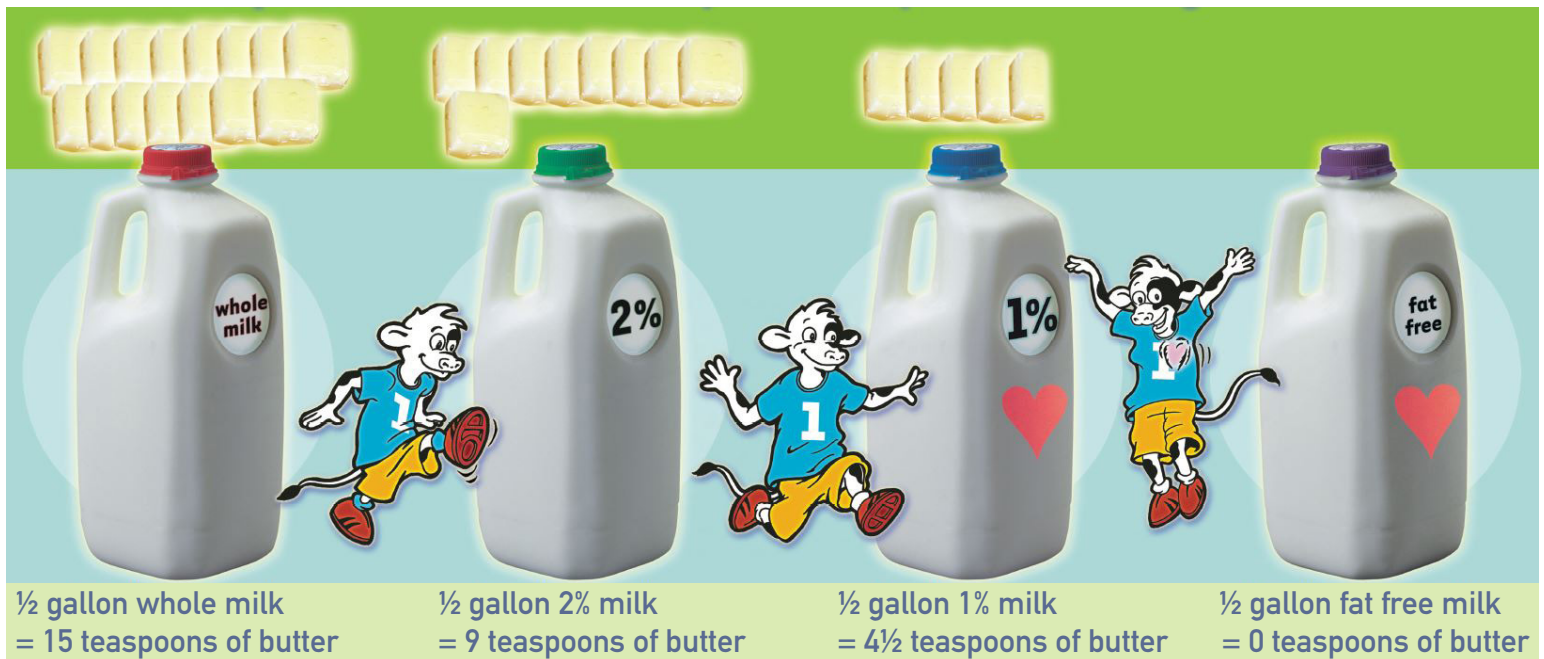
Soy milk, also known as soy-based beverage, is the most common type of milk alternative. The brands of soy milk provided by the WIC program contain 8 grams of protein per cup, which is the same amount of protein that is in one cup of cow's milk. Also, the brands of soy milk provided by WIC are fortified with important vitamins and minerals so they are similar to the nutritional value of cow's milk.

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



## Use All of Your WIC Food Benefits

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.

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# La Leche es Importante

Los niños de todas las edades, y también los adultos, necesitan consumir el calcio, las proteínas y la vitamina D que se encuentran en la leche para tener huesos, dientes y músculos fuertes.

## ¿Cuánta leche se necesita al día?

Los niños de 1 a 3 años necesitan **2 tazas al día**.

Los niños de 4 a 8 años necesitan **2½ tazas al día**.

Los adultos y niños mayores de 9 años necesitan **3 tazas al día**.

## ¿Con qué puede reemplazar una taza de leche?

1 taza de yogur

1½ onzas de queso como el queso Cheddar, Mozzarella, Monterey Jack o Colby

2 onzas de queso procesado como el queso Deluxe American

## ¿Qué pasa si la leche causa problemas digestivos?

Esto sucede a algunas personas que no toleran la lactosa. Estas personas pueden tener problemas digiriendo la lactosa—el azúcar natural encontrada en la leche o productos de leche. La intolerancia a la lactosa puede causar dolor de estómago, diarrea, inflamación del estómago y gas.

## En general, las personas que no toleran la lactosa pueden:

- Tomar ½ taza de leche junto a otro alimento—no tome leche con el estómago vacío.
- Comer yogur o quesos tales como el Cheddar, Monterey Jack o Colby.
- Tomar leche que no contiene lactosa.
- Tomar leche o comer alimentos derivados de leche después de tomar pastillas o gotas de la enzima lactasa.

Los paquetes de alimentos de WIC pueden incluir leche, yogur y queso sin lactosa.

## ¡Para adultos y niños de 2 años de edad y mayores, haga el cambio a leche sin grasa y baja en grasa de 1%!

La leche sin grasa y baja en grasa de 1%:

- son mejores para tu corazón
- son más saludables porque tienen menos grasa y calorías
- tienen cantidades similares de proteína, vitaminas y minerales a la leche de 2% y la leche completa

Una forma fácil de hacer el cambio es hacerlo gradualmente. Comience haciendo el cambio de leche entera a leche reducida en grasa de 2%. Luego, cambie a leche baja en grasa de 1%. Por último, pruebe con leche sin grasa.



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