

fun for



fit families

## Drink skim or 1% milk

Make Every Sip Count...More Healthy Beverages

Your child needs a lot of calcium to build strong bones to last a lifetime. Milk is the main source of calcium in his diet.

### But what type of milk should your child drink?

When your child is 2 years old, he can drink skim or 1% milk.

Only children who are underweight need to drink whole or 2% milk.

If you are unsure which type of milk your child should drink, ask your health care provider.



Skim milk has no fat  
Switching to skim or 1% milk  
is an easy way to reduce fat in our diets.

### Make the Switch!

Switch to skim or 1% milk for your family.

Your children will grow up learning to enjoy skim or 1% milk. It will be the milk that they prefer in school and for the rest of their lives.

June



Whole and 2% milks  
are major sources of fat  
in our diets.

1 cup of whole milk has as much fat  
as 5 strips of bacon.

2% milk is not a low fat milk.

1 cup of 2% milk has as much fat  
as 3 strips of bacon.

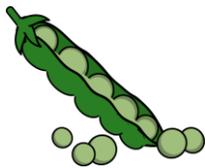
Many families drink whole or 2% milk  
Many of us drank whole or 2% milk  
when we were children.  
We tend to drink the milk  
that we drank as children.

Our eating habits start early in life!

If your family is unsure about drinking  
skim milk, change slowly.

Change from whole milk to 2% milk.  
Then change from 2% milk to 1% milk.  
And from 1% milk to skim milk.

You can even mix the different milks  
to slowly change your family's milk choice!



# Peas and Pods

Make Every Bite Count...More Fruits & Veggies



## Chinese Pea Pods

A quick vegetable that children love to eat!

- 2 cups fresh or frozen pea pods
- 1 (4 ounce) can mushrooms, drained
- ½ tablespoon vegetable oil
- 1 tablespoon soy sauce

- 1 Heat oil in a large skillet. Add pea pods and cook for 3 to 4 minutes until pods are crisp and tender. Stir often and add a small amount of water if needed.
- 2 Add mushrooms and soy sauce. Cook for 1 more minute. Serve.

## Peas and Apples

Apple juice adds a sweet taste to these peas!

- 3 cups fresh or frozen peas
- 1 medium apple, core removed and sliced thin
- ½ cup apple juice
- 1 tablespoon cornstarch

- 1 Combine apple juice and cornstarch in a medium saucepan. Cook and stir until mixture is thick and bubbly.
- 2 Add peas and apple slices. Cook for 2 minutes, stirring often. Serve.

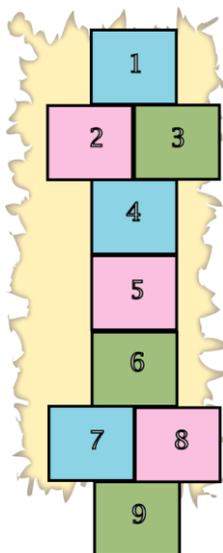
## Be Creative!

Move More...Watch Less

Remember all the fun things you did as a child?

Play games with your children!

- ♥ Play “Red Light, Green Light”
- ♥ Play “Hopscotch”
- ♥ Build a fort outside.
- ♥ Crawl like a snake.
- ♥ Hop like a bunny.
- ♥ Run like a horse.
- ♥ Walk like a spider.
- ♥ Stretch like a cat.



## My child loves milk! Can he drink too much?

Some children can drink a lot of milk. Preschool children need 16 ounces of milk each day.

If your child drinks more than 24 ounces of milk in a day, that’s probably too much milk.

Drinking too much milk can ruin your child’s appetite. Your child may fill his small tummy with milk and not be eating other foods such as fruits, vegetables, meats and whole grains.

Some children eat all their food plus drink too much milk. This can be a problem if your child is overweight.

This material was funded by USDA’s Supplemental Nutrition Education Assistance Program (SNAP).

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