

# MILK, it's so good for you...

## What are the health benefits of milk?

- Diets rich in milk help build bone mass throughout the lifecycle.
- Drinking milk is especially important during childhood and adolescence when bone mass is being built.
- Milk is a good source of calcium which helps to build strong bones and teeth.
- The potassium in milk helps to maintain healthy blood pressure.
- Vitamin D in milk also helps to build and maintain healthy bones.



## What if my child won't drink milk?

- Add milk to their oatmeal, instead of water
- Make your kids a dip for fruits from yogurt
- For dessert, serve a chocolate or butterscotch pudding
- Top vegetables with shredded low fat cheese
- Buy calcium fortified juice, cereals, and bread
- Make your kids a fruit & yogurt smoothie in the blender