

# Milk in Many Ways



Milk is a great source of calcium and vitamin D for strong bones and teeth. With so many options, it's hard to choose. *Not sure which milk is best for you or your child?* Below are some of the basic nutritional differences between common milks. Be sure to talk with your WIC nutritionist or doctor before choosing.

## Milk Choices (WIC eligible)



### Cow's Milk

- High in vitamin D & calcium
- Easy to find
- Low-cost

### Lactose Free Milk

- Good choice for lactose intolerance
- High in vitamin D & calcium



### Goat's Milk

- Low lactose option
- Can be high in fat

### Soy Milk

- High in calcium
- Good choice for plant-based diets



## Other Milk Choices (NOT WIC eligible)

### Almond Milk

- Good source of calcium & vitamin D
- Low in protein



### Coconut Milk

- Higher in fat
- Low in protein, calcium, & vitamin D
- Pair with other nutritious foods



### Cashew Milk

- Low in protein, calcium, & vitamin D
- Pair with other nutritious foods

### Rice Milk

- Good choice for milk or tree nut allergies
- High in vitamin D
- High in calcium



### Oat Milk

- Good source of calcium & vitamin D
- Low in protein
- Pair with a high protein snack



All of these choices are lactose and dairy free!

## ★ Remember ★

- Children ages 1 year & younger: Breast milk or Formula
- Children ages 1-2 years old: Whole milk
- Children ages 2 & older: Low-fat (1%) or Fat-Free (skim) milk or Other Milk Choice



# Why drink milk?

## It is full of nutrition

- Rich in calcium and vitamin D to build and maintain strong bones and teeth
- Good source of protein for strong muscles, including the heart
- Reduces the risk of weak and brittle bones



Calcium and vitamin D work together to protect our bones and heart.



We can also get vitamin D from sun exposure. Take a 15 minute walk or play outside!

Choose unsweetened milk instead of flavored milks to reduce intake of added sugar.



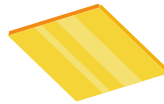
Check the Nutrition Facts label to make sure your choice has close to 20% or more of calcium. Check the ingredients list for added Vitamin D, too. If it is low in calcium or vitamin D, include other sources, like from the list below:

## Foods that are high in calcium and vitamin D

Low-fat Greek yogurt  
(1 cup)



Low-fat cheese slice  
(1 slice/1 oz)



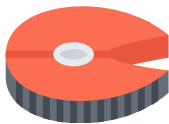
Tofu  
(1 cup)



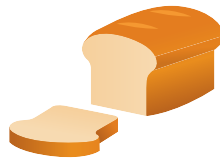
Fortified 100% Orange Juice  
(1/2 cup/4 fl oz)



Canned tuna  
(1 can/3.5 oz)



Fortified bread  
(1 slice)



Atlantic Farmed Salmon  
(4-6 oz)



Egg yolk  
(1 large egg)



Soy beans/Edamame  
(1 cup)



Spinach  
(1 cup)



Cooked Collard Greens  
(1 cup)



Cooked Mushrooms  
(3/4 cup)

