

MILK: MORE THAN JUST CALCIUM!

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When we think of milk, we think of it as a good source of calcium. However, did you know that it also comes with a package of nutrients that helps children grow and focus at school? Key nutrients include protein, vitamin A and D, potassium, magnesium, and vitamin B12. Research suggests that people who consume enough milk are more likely to meet their overall nutrient needs, which is vital in the development of children. Yet many Canadian children (and adults) do not get enough servings from the Milk & Alternatives food group. Consider the below statistics:

- More than one in three children ages 4-9 consume less than two daily servings of milk products.
- By ages 10 to 16, about six out of ten boys and eight out of ten girls consume less than three daily servings of milk products.

How many servings of milk and milk alternatives does a family need?

	Age	Number of Servings
Children	2-8	2
	9-13	3-4
Teenagers	14-18	3-4
Adults	19-50	2
	51+	3

*1 serving is equivalent to 1 cup (250 ml) of milk or fortified soy beverage, ¾ cup (175 g) of yogurt and 1.5 oz (50 g) of cheese.

Helpful tips on how to feature more milk in your daily preparation of meals!

- Serve milk with meals instead of juice or pop.
- Prepare meals and snacks with your child that uses milk or other dairy products as an ingredient. Children are more likely to eat what you are serving if they are involved in the preparation. For example:
 - Use yogurt as a dip, garnish, spread or dressing.
 - Make soups and cooked cereals with milk instead of water.
 - Add cheese to salads and sandwiches.
 - Offer milk-based desserts such as yogurt, custards and puddings.

About Breakfast for Learning

Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring they attend school well nourished and ready to learn. Breakfast for Learning has been helping support student nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit www.breakfastforlearning.ca.