

MILK

recommendations



DAIRY FOR CHILDREN

Dairy is an important food group for children. Dairy foods provide fat, protein, vitamins, and are a rich source of calcium for strong bones and teeth. It is important to ensure your children are having the right type of dairy foods. The information below is consistent with the Australian Dietary Guidelines 2013.

LET'S TALK MILK

It is important to consider the type of milk you are providing children as they progress through the various stages of life. The following outlines the most appropriate type of milk for age.

From 12 months of age:

- ✓ Cow's milk can be introduced into the diet of children

12 months to 2 years of age:

- ✓ Full fat milk (4% fat) is recommended for children as they are undergoing rapid growth and development, and milk is a major source of the energy and fat they require during this stage of life

2 years of age and older:

- ✓ Reduced fat milk (1.5-2% fat) is recommended for children aged 2 years and older by the Australian Dietary Guidelines
- ✓ Consumption of reduced fat dairy products is an important habit to establish in the early childhood years.
- ✓ As a greater variety of foods are introduced into their diet, children rely less on milk to meet their energy needs.
- ✓ Reduced fat milk contains the same amount of protein, vitamins and minerals as the full-fat varieties, without the unhealthy fats. Therefore children can reap the health benefits of milk without the excess energy and unhealthy fats.

**12 months to
2 years of age**

**Full fat milk
(~4%)**

**2 years of age
and older**

**Reduced fat milk
(1.5-2%)**

MORE INFO

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