

UNDERSTANDING

dairy milk AND plant-based

BEVERAGES

Low-Fat & Fat-Free Dairy Milk Products are recommended as part of health eating patterns.

HOW MUCH?

2.5 cups of dairy daily
for kids ages 4 to 8 years.

3 cups of dairy daily
for those 9 years and older.

DAIRY MILK NATURALLY
CONTAINS 13 ESSENTIAL
NUTRIENTS PLUS EXTRA
VITAMINS A & D.

CALCIUM

Helps build and maintain strong bones and teeth

PROTEIN

Dairy milk's 8g protein per cup helps build and repair tissue and maintain a healthy immune system

VITAMIN A

Helps keep skin and eyes healthy; helps promote growth and maintain a healthy immune system

VITAMIN D

Helps build and maintain strong bones and teeth; Helps maintain a healthy immune system

SELENIUM & ZINC

Helps maintain a healthy immune system

RIBOFLAVIN (B12) & PANTOTHENIC ACID (B5)

Helps your body use carbohydrates, fats and protein for fuel

NIACIN (B3)

Used in energy metabolism in the body

PHOSPHORUS

Helps build and maintain strong bones and teeth; supports tissue growth

POTASSIUM

Helps maintain healthy blood pressure; supports heart health, regulates body fluid balance and helps maintain normal muscle function

IODINE

Important for pregnant / lactating moms due to need to support infant /child cognitive development

COBALAMIN (B12)

Helps with normal blood function; helps keep the nervous system healthy

Lactose-Free Dairy Milk is available for people who are lactose (natural milk sugar) intolerant.

PLANT-BASED "MILK" ALTERNATIVES

The amount of carbs, fats, proteins, added sugars, and fortified vitamins & minerals per cup differs greatly among manufacturer brands and varieties.

ALMOND MILK

Primarily made from ground almonds, filtered water, and thickeners, most almond milks are low in protein & carbs.

COCONUT MILK

Primarily made from grated coconut flesh, water and thickeners, most coconut milks are low in protein & carbs. Total fat is similar to 2% dairy milk, but with a higher level of saturated fat.

SOY MILK

The only fortified plant milk recognized as an acceptable substitute for dairy milk in federal nutrition programs such as WIC, Soy milk's protein is similar to dairy milk at 7-9g per cup.

CASHEW MILK

Made from toasted cashews, water and thickeners, most cashew milks are low in protein & carbs with a mild nutty flavor.

OAT MILK

Primarily made from oats, water and oil, oat milk is naturally creamy and subtly sweet. Expect 2-5g of fat, 16-19g of carb, 2g fiber and 2-3g of protein per cup.

Watch for additional plant-based beverages produced from barley, hemp seeds, peas, pistachios, rice, sesame and other single-origin and plant-based blends within this growing category.



PEOPLE WITH DAIRY MILK ALLERGY CAN CONSIDER PLANT-BASED MILK ALTERNATIVES TO AVOID CASEIN PROTEIN.

DID YOU KNOW?

fewer than 1 in 3 children meet USDA's recommended dairy intake.

Dairy Milk is the leading food source of Calcium, Potassium & Protein in children ages 2 to 18 years.