



MOOOVE OVER SUGARY DRINKS!

Drinking Milk is Healthier
for Growing Kids.



CHOOSE MILK OVER SUGARY DRINKS

Milk has vitamins and other nutrients you need. Sugary drinks do not. Drinking milk gives your body good healthy stuff like:

1 Calcium and Vitamin D
for strong bones

2 Protein for strong
muscles

Drinking milk and eating other dairy foods like yogurt and cheese help you grow up strong and healthy.



WHAT IS DAIRY?

Milk and other foods made from milk, like cheese and yogurt, are dairy foods. Dairy foods are important to eat every day to stay strong and healthy.

How Much Dairy Do I Need Every Day?

AGES	AMOUNT
If you are 4 to 8 years old	You need 2 ½ cups of dairy every day
If you are 9 to 18 years old	You need 3 cups of dairy every day

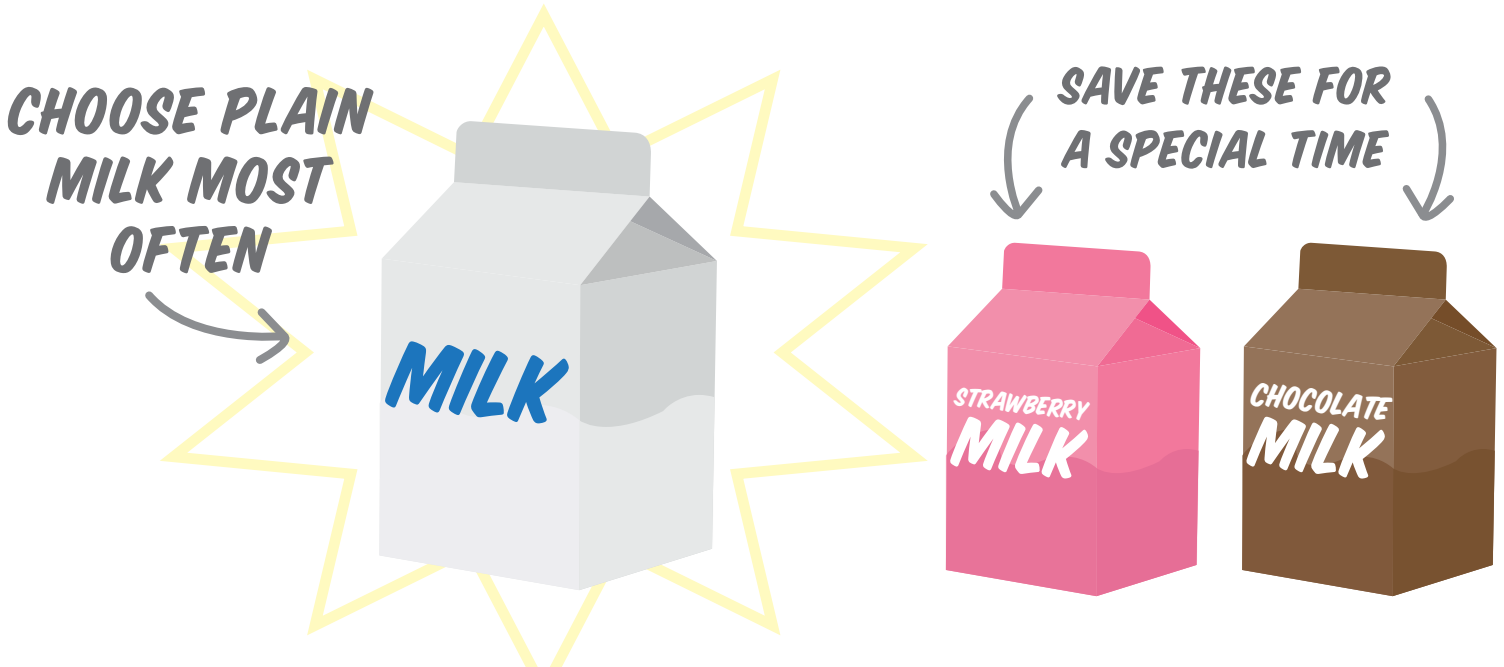


Getting enough dairy every day is easy, just take a look:

	BREAKFAST	LUNCH	SNACK	DINNER
To get 2 ½ cups dairy	1 carton of milk	1 slice of cheese on your sandwich	½ container of yogurt	
To get 3 cups of dairy		1 carton of milk	1 string cheese	1 cup of milk

PLAIN MILK IS THE **HEALTHIEST CHOICE**

Flavored milks like chocolate and strawberry have sugar added to them. Flavored milks are sugary drinks. Save these for a special time.



CAN YOU CRACK THE CODE?

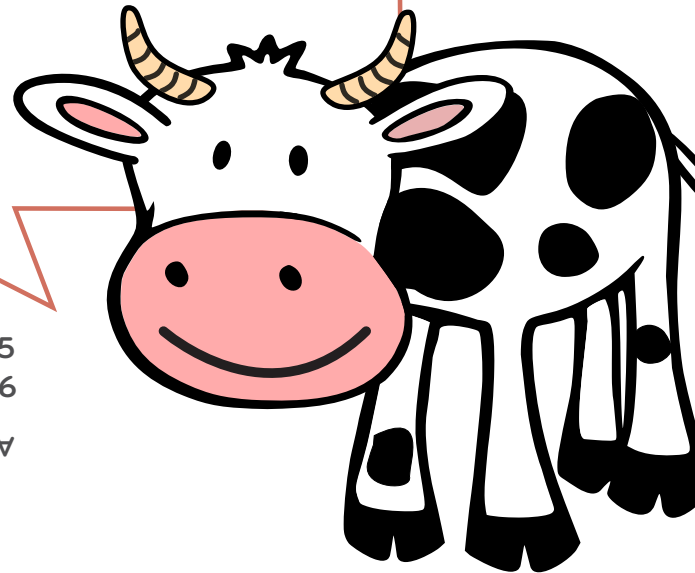
Find out what Carl the Cow is trying to tell you by using the chart below.

(13, 9, 12, 11) (9, 19) (8, 5, 1, 12, 20, 8, 25)

(1, 14, 4) (20, 1, 19, 20, 25)

A=1	E=5	I=9	M=13	Q=17	U=21	
B=2	F=6	J=10	N=14	R=18	V=22	
C=3	G=7	K=11	O=15	S=19	W=23	Y=25
D=4	H=8	L=12	P=16	T=20	X=24	Z=26

ANSWER: (Milk is healthy and tasty)



HEY KIDS!

TRY MAKING THIS DRINK: FROSTY MILK

Ask an adult for these things:

- 1 Clean, small glass jar with lid.
- 2 Low-fat or fat-free plain milk.

Now it's your turn:

- 1 Place the jar in the freezer for at least one hour.
- 2 Next, take the jar out and pour 1 cup (8 ounces) of milk into the jar.
- 3 Enjoy a delicious glass of Frosty Milk—right from the jar.

**MILK TASTES ITS BEST
WHEN IT'S SUPER COLD!
TRY THIS RECIPE AND
SEE FOR YOURSELF.**

HEALTHY HUNT

Can you pick out the best choice in each group?
Write your answers in the blanks below.

1. Milk, Soda

2. Plain Milk, Chocolate Milk

1. _____

2. _____

If you answered 1. Milk 2. Plain Milk, you're right!

Is Sugar Hiding In Your Drink? Ready for some detective work?

- 1 Look at the label on a drink at your home or at the store. Find the word, "Ingredients". This tells you what is in the drink.
- 2 If you find any of these words on the ingredient list, it is a sugary drink.

X SUGAR **X SUCROSE** **X HONEY** **X FRUCTOSE**

INGREDIENTS: LOW FAT MILK, SUGAR, CONTAINS LESS THAN 1% OF NONFAT MILK COCOA, CORNSTARCH, CALCIUM CARBONATE, SALT, CARRAGEENAN, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3.

Ingredients from chocolate milk.

- 3 How many sugary drinks did you find? Need help? Ask an adult.

RETHINK
YOUR



HAVE YOU BEEN TO OUR WEBSITE LATELY?

Check in often as we update fun and games, post new delicious and healthy drink ideas and much more.



University of Nevada, Reno



ChooseMyPlate.gov

RethinkYourDrinkNevada.com