

# Encourage Water and Low Fat or Fat-Free Milk Instead of Sugar-Sweetened Drinks

## According to the National Dairy Council:

Children ages 4-8 years  
should be consuming  
800 mg of calcium a day



8 oz      8oz      8 oz

3 eight ounce glasses of milk or  
other dairy = **800 mg**

Children ages 9-18 years  
should be consuming  
1300mg of calcium daily



8oz      8oz      8oz      8oz      4oz

4-1/2 eight ounce glasses of  
milk or other dairy = **1300 mg**



### Did you know?

For kids of all ages, water and milk are the best choices. Not only is water free from calories, but drinking it teaches your children to accept a low-flavor, sugar-free beverage to quench thirst.

### Tips to make it easier:

- Keep bottled water or a water bottle on hand
- Add fresh lemon, lime, or orange wedges to water for some natural flavor
- Gradually make the change from whole milk to low-fat or fat-free milk
- Try low-fat flavored milks
- Add fruit or cereal to your yogurt
- Top sandwiches and salads off with cheese.

