

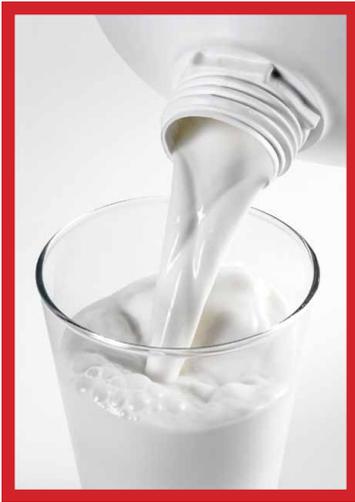
Milk Nutrients

Milk has a variety of benefits in the growth and development of young children. It is linked to improving bone health and to reducing risk of both cardiovascular diseases and type 2 diabetes. Milk provides essential vitamins that promote healthy development.

Nine essential nutrients can be found in milk.

1. **Calcium** helps to develop strong bones and teeth.
2. **Vitamin D** assists in absorbing calcium, developing strong bones, and regulating the immune system.
3. **Phosphorus** assists in making energy in cells, while maintaining and strengthening strong bones.
4. **Riboflavin** (Vitamin B-2) helps convert food into energy.
5. **Protein** assists in developing and maintaining healthy bones, muscles, and skin. Milk contains all nine essential amino acids of protein. Hair and nails are developed predominantly from protein.
6. **Vitamin B-12** promotes a healthy metabolism and assists in maintaining the central nervous system.
7. **Potassium** regulates fluids in the body.
8. **Vitamin A** assists in maintaining a strong immune system, normal vision, and healthy skin.
9. **Niacin** (Vitamin B-3) assists in converting food into energy. Niacin also helps the body with enzymes functions.





CACFP and the New Standards

The *Healthy, Hunger-Free Act of 2010* modified the requirements of the Child and Adult Care Food Program (CACFP). The amendment required that the CACFP be consistent with the *2010 Dietary Guidelines*. The guidelines recommended that persons over two years of age consume fat-free (skim) or low-fat (1%) fluid milk. These guidelines also included a component for non-dairy beverages. Children who cannot consume fluid milk due to medical or special dietary needs, other than a disability, may be served non-dairy beverages in lieu of fluid milk. All non-dairy beverages must be nutritionally equivalent to milk and meet the nutrient levels of cow's milk. The guidelines also state children must be served pasteurized flavored or unflavored fluid milk that meets both state and local standards.

There are very specific types of milk included in the guidance for CACFP participants over the age of two. Participants (excluding persons with special

dietary needs) must be served one of the following: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, and fat-free or low-fat acidified milk. Fat-free and low-fat milk provides the same amount of calcium and vitamin D as whole milk or 2% milk, but less saturated fat and calories.

Children 12 through 23 months should be served whole milk only and infants should be served iron fortified formula, as the milk requirements have not been changed or modified.

Serving Requirements (Per Meal)

1-2 years = 1/2 Cup
3-5 years = 3/4 Cup
6-12 years = 1 Cup

***See CACFP Meal Patterns for infant serving requirements.

***Check with your local state agency to determine local serving requirements, due to the *Healthy, Hunger-Free Kids Act of 2010* proposed rules.

Serving Requirements (Per Meal)

Whole Milk – Vitamin D Milk, Homogenized Milk

Reduced-fat – 2% Milk

Low-fat – 1% Milk

Fat-free – Skim milk, Nonfat Milk

Tips and Strategies for Increasing Milk Consumption

- Be a role model for children. When children see adults and their peers drinking milk, they are more likely to try it.
- Maintain a positive attitude when distributing and talking about milk.
- Utilize straws. Children have fun when using straws.
- Experiment with different flavors of milk.
- Incorporate milk in classroom activities.
- Visit farms to learn about animals that produce milk.
- Avoid bribery.
- Implement and utilize family style dining, allowing children to serve themselves milk.
- Serve milk extra cool.
- Distribute parent information pertaining to milk.



Sources

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Nutrition Highlights

National Message – USDA 2010 Dietary Guidelines Communications Message Calendar

January through April's theme is "Balancing Calories" and the selected key message is "Enjoy your food, but eat less". To obtain more information, follow the link at <http://www.cnpp.usda.gov/Publications/MyPlate/CommunicationsMessageCalendar.pdf>.

Training

NFSMI will host two free trainings – *Happy Mealtimes for Healthy Kids* and *Serving Safe Food in Child Care* on February 24, 2012. *Happy Mealtimes for Healthy Kids* was designed to teach child care staff best practices in feeding children. *Serving Safe Food in Child Care* is a comprehensive training designed to teach effective food safety techniques in child care. To register follow the link at <http://www.nfsmi.org/Events.aspx?id=114>.

National Conference

National Anti-Hunger Policy Conference and National CACFP Leadership Conference will be held February 26-28, 2012. The conference will be hosted at the Capital Hilton in Washington, DC. The conference brings a very diverse group of professionals together for three days of training, networking, and advocacy to end poverty in America. The conference also focuses on strengthening the quality and reach of federal nutrition programs. To register follow the link at <http://www.antihungerpolicyconference.org/registration>.



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