



**Cooperative Extension Service**

Los Alamos County  
Rio Arriba County  
Santa Fe County

**JUST BE IT!**  
Healthy and Fit



# For Growing Bones... Which Milk?

## Why Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



### Whole Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
%Daily Value*	
<b>Total Fat</b> 8g	13 %
Saturated Fat 5g	25 %
<b>Cholesterol</b> 35mg	11 %
<b>Sodium</b> 120mg	5 %
<b>Total Carbohydrate</b> 11g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### 2% Reduced Fat Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 40
%Daily Value*	
<b>Total Fat</b> 4.5g	7 %
Saturated Fat 3g	15 %
<b>Cholesterol</b> 20mg	6 %
<b>Sodium</b> 120mg	5 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### 1% Low-fat Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 25
%Daily Value*	
<b>Total Fat</b> 2.5g	4 %
Saturated Fat 1.5g	8 %
<b>Cholesterol</b> 10mg	3 %
<b>Sodium</b> 125mg	5 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Which milk would you buy? What's different? What's the same?

Nutrition Facts on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

# For Growing Bones... Which Milk?

**Milk is good for kids. You know that. But it is good for YOUR child? After all, each child is different. How do you know if your child is lactose intolerant – or not?**

## Lactose Intolerance is...

A food sensitivity, *not* a milk allergy or sickness! It happens when the body doesn't make enough lactase. Lactase is a body enzyme that handles lactose, which is the natural sugar in milk.

Lactose intolerance isn't common during childhood. Even if you're lactose intolerant, your child probably isn't. Adults feel the effects more than kids do; some people, more than others.

Diarrhea, stomachache, gas, or feeling bloated are symptoms of lactose intolerance. These same symptoms can point to more serious health problems. Find out!

## If you suspect lactose intolerance:

**Talk to your child's health care provider.**

That's the only way to know what the symptoms really mean.

**Skip any urge to diagnose lactose intolerance yourself.** If you take away a food, such as milk, your child might miss nutrients needed to grow and stay healthy.

## If your child has lactose intolerance:

**Relax.** Your child can still enjoy milk products and get the nourishment that milk gives. Nutrients in milk help your child grow and build strong, healthy bones and teeth.

**Tell caregivers** – If your child goes to childcare, bring a note from your child's health care provider. Together plan ways to fit milk into snacks and meals your child eats there.



*Desaree Jimenez*  
Desaree Jimenez  
Just Be It! Healthy & Fit  
Project Coordinator  
505-685-4523  
[deswhitf@nmsu.edu](mailto:deswhitf@nmsu.edu)

*Jacqueline S. Baca*  
Jacqueline S. Baca  
Santa Fe County  
Extension Home Economist/  
4-H Agent  
505-471-1711  
[jabaca@nmsu.edu](mailto:jabaca@nmsu.edu)

*Kathleen S. Garcia, RN*  
Kathleen S. Garcia, RN  
Clinical Project Coordinator  
Community Diabetes Initiative  
Presbyterian Health Services  
Española Hospital  
505-367-4402  
[kgarica5@phs.org](mailto:kgarica5@phs.org)

*Tanya Montoya*  
Tanya Montoya  
Rio Arriba County  
Extension Home Economist  
505-685-4523  
[tanyamon@nmsu.edu](mailto:tanyamon@nmsu.edu)

*Paula Roybal Sánchez*  
Paula Roybal Sánchez  
Los Alamos County  
Extension Home Economist/  
4-H Agent  
505-662-2656  
[paulas@nmsu.edu](mailto:paulas@nmsu.edu)

Adapted from Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food & Nutrition Service