

MILK...

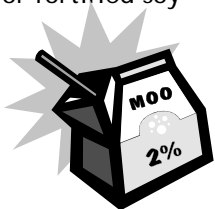
It's a Must!

Make sure to offer your children a total of 2 cups of milk or fortified soy beverage every day.

This will help them to get enough of the Vitamin D needed for strong bones.

Canada's Food Guide

recommends that children 4 to 8 years should have at least 2 Food Guide Servings of Milk and Alternatives every day, while 9 to 13 year olds need 3 to 4 Food Guide Servings.



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit