



Fact Sheet

Nutritional Benefits of Milk

Milk is an essential part of everyone's diet. As a primary source for calcium and other nutrients, consuming milk is important for essential growth and development. Encourage children to consume adequate amounts of milk on a daily basis and in the Child and Adult Care Food Program (CACFP).

Serving Milk in CACFP

Infants up to 12 months of age need only breast milk or iron-fortified infant formula. Children ages one to two years old should be served whole milk. Children ages two and older may only be served fat-free or low-fat (1%) milk.

The amount of milk required for CACFP participant meals is stated in the most current meal pattern by age group and by meal. Daily recommendations (including the milk consumed at home) are available in the 2010 Dietary Guidelines for Americans for persons over two years of age.

Delicious Milk

Milk served to CACFP participants one year and older must be pasteurized fluid milk that meets State and local standards and may be flavored or unflavored.

Alternative types of milk may include fat-free or low fat

- lactose-reduced,
- lactose-free milk,
- buttermilk,
- acidified milk, and
- nutritionally-equivalent non-dairy beverages, such as fortified soy milk.

Children requiring special dietary needs should be offered beverage items that meet the nutritional standards of milk.

Nutrition Facts

Fluid milk provides the body with various nutrients essential to growth and development including

- calcium,
- phosphorus,
- potassium,
- magnesium,
- vitamins A, B, and D, and
- protein.

Low fat (1%) and fat-free (skim) milk provide all of the nutrients above with about one third of the saturated fat found in whole milk.



Sources: U.S. Department of Agriculture, Food and Nutrition Service. (2011, September). *Child nutrition reauthorization 2010: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers* (Policy Memo CACFP 21-2011-Revised). Washington, DC: Author. Retrieved from <http://www.fns.usda.gov/cnd/care/regs-policy/policymemo/2011/CACFP-21-2011.pdf>

U.S. Department of Agriculture and U.S. Department of Health and Human Services (2011). *Dietary Guidelines for Americans 2010* 7th Edition, Washington, D.C., U.S. Government Printing Office, December 2010. <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

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