Proper Nutrition
AT EVERY AGE

DAIRY FOODS FOR YOUR GROWING FAMILY[1]

Pregnant and Breastfeeding Women

Dairy foods are an excellent source of vitamin B12 and a good source of iodine to support a healthy pregnancy. Plus, the choline in dairy (8% of the Daily Value per serving) can help replenish maternal stores and support baby's development.

Infants (6-11 months)

Introduction of baby's first nutrient-dense foods, including yogurt and cheese, can complement human milk or infant formula. Cow's milk as a beverage should be reserved until 12 months of age.

Toddlers (12-23 months)

Whole milk and other dairy foods are important sources of essential nutrients for growth and development.

Preschoolers (2-5 years)

Health and nutrition experts suggest water and milk as beverages of choice for this age group.[2] Milk provides high-quality protein and is preferred over plant-based beverages, which have a wide variability in nutrient content across products.[3]

Grade Schoolers (6-12 years)

Dairy foods provide nutrients that build bone mass and support the immune system. In addition, regular consumption at this age can build healthy habits to last a lifetime.

Teenagers (13-18 years)

Find more bone-beneficial nutrients per calorie within dairy foods than any other food group–especially important as dairy provides an excellent source of calcium and vitamin D for adolescents who will achieve near peak bone mass by the end of puberty.

Adults (19-59 years)

As young adults, we can maximize peak bone mass with key nutrients found in dairy. As we age, healthy eating patterns that include low-fat or fat-free dairy foods are associated with reduced risk for several chronic diseases, including cardiovascular disease and type 2 diabetes.[3]

Older Adults (60+)

High-quality protein and nutrients in dairy help maintain bone health, muscle strength, and brain health as we age age.[3] Research shows older adults who drink 3 cups of real milk daily can increase concentrations of glutathione (GSH).[4] GSH is an antioxidant that protects the brain from age-related damage and disease.

REAL CALIFORNIA MILK®