

Dairy Every Day: Nourishing Brains, Bones & Bodies



Brains

Baby's brain doubles in size in the first year—cheese and yogurt as complementary foods can help fuel growing brains!¹⁻³



Bones

Dairy foods provide more bone-building nutrients per calorie than any other food group.⁴



Bodies

The recommended daily servings of dairy as part of a well-balanced diet can help maximize children's growth potential!^{2,4-7}



TIP!

Health experts recommend milk and water as the go-to drinks for 1-18 year-olds.^{8,9}



References: 1. 1,000 Days. 2016. 2. USDA FoodData Central: FDC ID: 171284. 3. Schwarzenberg et al. Pediatrics. 2018. 4. Wallace et al. Crit Rev Food Sci Nutr. 2021. 5. USDA and HHS. Dietary Guidelines for Americans. 2025-2030. 6. Marshall et al. J Nutr. 2018. 7. de Beer. Econ Hum Biol. 2012. 8. Lott et al. Healthy Eating Research. 2019. 9. Lott et al. Healthy Eating Research. 2025.

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