

Enhance Your Child's **EVERYDAY GREATNESS** with Dairy

VITAMIN A which helps support healthy immune cells and keep skin and eyes healthy

B VITAMINS like B12, riboflavin and niacin, which can help the body convert food into fuel

PROTEIN helps build and repair muscle tissue and is the building block of all cells in the body

ZINC known to be important for normal immune function

CALCIUM, PHOSPHORUS & VITAMIN D help build and maintain strong bones and teeth



Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition. They are particularly important for children, helping to support growth and development, fill nutrient gaps and contribute to healthy eating patterns.

When your kid needs an extra boost, dairy has the energy and nutrition they need to fuel them on their path to greatness.

unbottled.
Real. Local. Dairy.

HOW LOCAL IS DAIRY? Most of the dairy products you buy are produced within 200 miles of your home, and milk makes it from farm to store in just two days. Learn more at Unbottled.com, brought to you by local dairy farm families.



DAIRY EVERY DAY

The Healthy Way to Nourish Brains, Bones and Bodies

Recommended Daily Dairy Servings:^{1,2}



PRESCHOOLERS

2-3 years old = 2 cups
4-5 years old = 2 ½ cups

Leading health experts agree water and plain milk are the only recommended beverages for children 1 to 5 years of age.



GRADESCHOOLERS

6-8 years old = 2 ½ cups
9-12 years old = 3 cups

School-aged children are at risk of under consuming three key nutrients that dairy foods provide: potassium, calcium and vitamin D.



HIGH SCHOOLERS

13-18 years old = 3 cups

The gap between the amount of dairy foods recommended in the U.S. Dietary Guidelines and what's actually eaten widens as children age.

What Counts As A Serving?

	Milk	1 cup
	Yogurt	1 cup
	Lactose-Free Milk	1 cup
	Kefir	1 cup
	Shredded Cheese	½ cup
	Hard Cheese	1½ ounces
	Cottage Cheese	2 CUPS



Snack Ideas!



Yogurt & Berries



Cheese & Crackers



Cereal & Milk

unbottled.com