

# THE MILK CHALLENGE

## GOAL



Have 0 sugary drinks on most days!

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## CHALLENGE: DRINK MILK INSTEAD OF A SUGARY DRINK.

Staying healthy means eating and drinking all the right things! Milk helps keep your bones strong and healthy.

Keep track of how many times during the week you make the healthy choice to drink milk. And be sure to write it on your tracker! (If you're lactose intolerant, ask your parents or school nurse for non-dairy products you could have instead.)



### Daily Recommendations:

Children 4-8 years old

Boys & Girls 9-13 years old

### Cups of Dairy:

2

3

### How many glasses did you drink each day?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

### Dairy Facts:

- ◆ Milk is a part of the dairy food group and helps build strong bones.
- ◆ Foods in the dairy group provide nutrients that keep you healthy. These nutrients include:
  - Calcium: Used for building strong bones and teeth. Dairy products are the main source of calcium in our diets.
  - Potassium: May help maintain healthy blood pressure.
  - Vitamin D: Works in the body to make sure you have the right amount of nutrients you need to build and keep your bones strong.
  - Protein: Building blocks for bones, muscles, cartilage, skin and blood.
- ◆ Make the switch to fat-free or low-fat (1%) milk instead of whole milk. The lower fat options provide the important nutrients without extra fat or calories.
- ◆ If you are lactose intolerant, try lactose-free and lower-lactose products.

