

Smart youth Choices

Milk Is Your Power Drink!



Milk is the perfect drink for your bones, because it gives you calcium and vitamin D. Vitamin D helps your body make the most of the calcium you give it. So, every time you drink milk, you are feeding your **bones** just what they need to become strong.



What are milk products?

A few examples are

- Yogurt
- Cheese
- Ice cream



Did you know that your body builds nearly half its bone between ages 11 and 19? Be sure to get enough calcium NOW to help your body make strong bones. That includes teeth, too. Calcium keeps **teeth** healthy and strong.



One cup of **yogurt** or 1 ½ ounces of natural **cheese** is the equivalent of 1 cup of milk. It is recommended that you consume **low-fat** or **fat-free** milk or milk products. These are better choices for you! Whole milk has about the same amount of calcium as low-fat milk, but has more fat and calories.

How much milk should kids drink?

The answer is 2 to 3 cups of milk or milk products every day!

Think you don't like milk? Give it another try! Try drinking milk that is **really cold** — you can even add ice cubes. Or add 1 or 2 teaspoons of **flavored syrup** or **powder** to your milk. Yum! Whole milk is great for kids ages 1–2 years old, but for older kids and adults, 1 percent or skim milk are better choices. These choices have a lot of vitamins and minerals and a lot less fat!



Fun Facts About Milk!

- ◆ The average cow produces enough milk each day to fill six 1-gallon jugs, about 55 pounds of milk.
- ◆ It takes more than 21 pounds of whole milk to make 1 pound of butter.
- ◆ The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat.
- ◆ A typical dairy cow weighs 1,400 pounds and consumes about 50 pounds of dry matter each day.
- ◆ Cheddar cheese is the most popular natural cheese in the United States.
- ◆ It takes 12 pounds of whole milk to make 1 gallon of ice cream.
- ◆ The average cow drinks from 30-50 gallons of water each day – about a bathtub's worth.
- ◆ A cow has four stomachs and 32 teeth.
- ◆ About 300 varieties of cheese are sold in the United States.
- ◆ Cows have an acute sense of smell and can smell something up to six miles away.



Author:

Heli Roy, PhD, RD Associate Professor

Visit our Web site: www.lsuagcenter.com

Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director
Pub. 3031 (20M) 1/08

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com