

Milk Mythbusters

Good for kids
good for life



True or False?

Children over the age of 2 can have reduced fat milk?

True

- **For children over 2 years of age**, the Dietary Guidelines recommend reduced-fat milk (milks that have between 1.4-2% fat) because...
 - ⇒ Children's growth has slowed down and they are now eating a broader range of foods that contribute to fat and energy requirements.
 - ⇒ Reduced-fat milk contains all the protein, calcium and other vitamins found in full fat milk, just less saturated fat.
- **For children under 2 years of age**, full cream milk is recommended. This period is a rapid phase of growth, and children require the extra energy provided by the fat in the milk.

True or False?

Reduced fat milk has the same amount of calcium as full cream?

True

Reduced fat milk has the same amount of calcium as their full cream counterparts.



Milk and milk products are an important source of protein, calcium, zinc, vitamin A, riboflavin and vitamin D.



Why not flavoured milk? Flavoured milk has added sugar which can be detrimental to children's oral health.



Learning to drink plain, reduced fat milk from an early age is a healthy habit that can be carried on into adulthood.