

Core Nutrition Messages

Milk Messages: Moms of Preschool-Aged Kids



NEW



There's no power like Mom Power. You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them fat-free or low-fat (1%) milk and yogurt at meals and snacks.



Mom is a child's first teacher. You teach by doing. Every time you drink fat-free or low-fat (1%) milk, or eat low-fat yogurt, you're giving your kids a lesson in how to eat for better health. It's a lesson they can use for all their lives.



Strong bodies need strong bones. Give your preschooler fat-free or low-fat (1%) milk or yogurt at meals and snacks. They're packed with vitamins, minerals, and protein for strong, healthy bones.