

When your child is thirsty, try milk : the healthy choice... : anytime / National Dairy Council.

Contributors

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When your
Child is Thirsty,
Try Milk -
the Healthy Choice

Supplies
important
minerals.

Full of
vitamins.

Good source
of calories
for energy.

Packed with
body-building
protein.

Anytime

Produced with the help of the
British Dental Association

Why Milk?

Milk is extremely versatile and nutritious. It makes a refreshing and delicious drink at any time of the day.

Children need vitamins and minerals as well as calories if they are to grow and develop properly. Milk provides a wide range of vitamins and minerals but that's not all - it also contains plenty of protein and is a great source of calories for an energetic child.

One important mineral is calcium which is essential for growing bones. It is needed throughout life to ensure bones remain strong and healthy. Calcium is found in only a few foods but one of the richest sources is milk. A glass of milk (200ml) will provide half of the amount 5 year olds need each day.



Fizzy drinks and most squashes provide calories but they often contain only small amounts of vitamins and hardly any minerals. So, it's a good idea to check the ingredients on the label.

Fitting Milk into the Day

Milk will give your child a nutritious start to the day. It makes a healthy breakfast when combined with cereals, or as a drink to accompany toast or bread. Don't forget to include milk during the day as well. It's a good alternative to many other drinks which may contain unnecessary sugar and so increase the chance of damage to growing teeth. According to the Department of Health, milk or water should be the main drinks you give your child.

If your child has a drink at bedtime, milk provides a nourishing and comforting choice and is also kinder to teeth. A recent survey has shown that children who take drinks of milk or water to bed are less likely to need fillings than those who drink sugary drinks, such as squash, instead. But dentists recommend that after teeth have been brushed, children should stick with water if they're thirsty.



Keeping Teeth Healthy

Tooth decay is caused by the bacteria on the surface of teeth breaking down sugars in our diet to produce acid, which attacks the teeth. The Department of Health advises that sucrose (ordinary sugar) is the main culprit, although other types of sugars may contribute. Look out for glucose, fructose and maltose on the labels of drinks as these may have a similar effect.

Even more important than the amount of sucrose consumed is the number of times foods or drinks containing sucrose are taken during the day. In particular, sipping sweet drinks between meals is thought to increase the risk of tooth decay.

Milk contains a type of sugar called lactose, but according to the Department of Health milk causes virtually no harm to teeth. But it is important **not** to add sugar to drinks of milk.

So, what better choice than cool, fresh milk when your child is thirsty? It's not only nutritious but it's also kind to teeth.

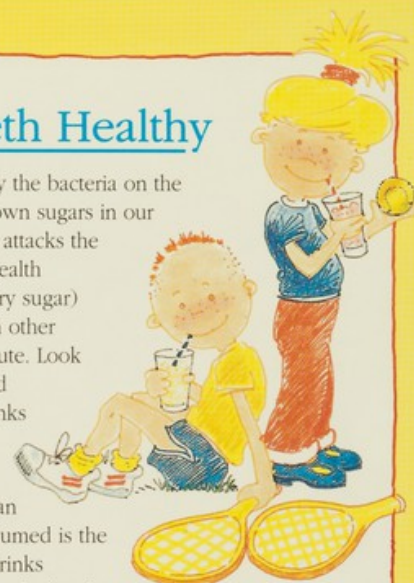
TRY

- Milk on its own - chilled or warmed.
 - Milkshakes - quick, easy and fun too.
- Add pureed fruit and yogurt to make an exciting drink.

BANANA TREAT

1 banana
568ml (1 pint) chilled milk
2 x 150g (5oz) cartons plain or banana yogurt (sugar-free)

Roughly chop the banana and liquidise until smooth. Add the milk and yogurt, blend until well mixed. Decorate with a slice of banana. Serves 4-6.

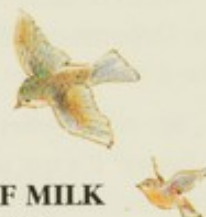




Which Milk?

The Department of Health recommends that children under two years of age should have whole milk (silver top). But, those over two, who are eating well and trying lots of different foods, may be given semi-skimmed milk as a drink (red and silver striped top), which has half the cream removed.

Skimmed milk (blue and silver checked top), which has all the cream removed, is not suitable for under fives because it is lower in calories and contains no vitamin A which is removed with the cream. By law all liquid milk is free of additives (E numbers).



HOW THE NUTRIENT CONTENT OF MILK COMPARES WITH OTHER DRINKS.

NUTRIENT CONTENT OF DRINKS PER GLASS (200ml)						
	Calories	Calcium	Protein	Vitamin B ₁₂	Riboflavin	Vitamin C
	(kcal)	(mg)	(g)	(µg)	(mg)	(mg)
Whole Milk	136	238	6.6	0.8	0.36	2
Orange Juice	76	24	1.2	0	0.04	100
Cola	78	8	Trace	0	0	0
Squash	43	3.2	Trace	0	Trace	Trace

For more information on feeding your child contact:



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