



# Milk on the Child and Adult Care Food Program

May-August 2012

## What Parents Should Know About the CACFP

Congratulations! The child care home that you have chosen participates on the Child and Adult Care Food Program (CACFP). The goal of this program is to ensure that children in care receive healthy meals and snacks. By participating on the CACFP, your child care provider receives up to the minute nutrition information to help keep your child strong and healthy.



The CACFP helps children develop healthy eating habits that will last a lifetime!

All children need nutritious meals and snacks to provide the nutrients they need to grow and thrive. Child care facilities that participate in the CACFP are committed to providing good nutrition for children. They plan nutritious meals and snacks, and help children learn to eat a wide variety of foods to develop healthy eating habits that will last a lifetime.



For more information about the *2010 Dietary Guidelines* and MyPlate go to:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## The 2010 Dietary Guidelines and Your Child

You may have heard about the *Healthy, Hunger-Free Act of 2010*. This act modified the requirements of the CACFP. The meals and snacks served on the CACFP are now required to be consistent with the *2010 Dietary Guidelines*.

*The 2010 Dietary Guidelines* recommend that people over the age of two years consume fat-free

(skim) or low-fat (1%) milk.

So, children over the age of 2 in child care homes and centers will now be served 1% or skim milk. Children ages 1-2 in child care homes and centers will continue to be served whole milk.

These requirements are also consistent with the American Academy of Pediatrics (AAP) recommenda-

tions. The American Academy of Pediatrics recognizes that children over 2 no longer need the extra fat in their diet for brain development. The AAP recommends that after the age of 2, children begin to make fat-reducing changes in their diet. They advise that children over 2 make the switch from whole milk to skim or 1% milk.

Milk is a good buy. At \$3.00 per gallon, one 6 ounce serving is 14 cents. A small price to pay for such a nutrient-rich food!

## The Fat Content Really Adds Up!

Children over the age of 2 need healthy amounts of fat in their diets. However, if your child is drinking whole milk the fat can really add up! Nutrition experts are concerned that when children drink whole milk, nearly half of their daily fat intake comes from just milk. Most Americans eat too much fat which can contribute to obesity and other health problems. In addition, whole milk is high in saturated fat which can raise the levels of "bad" cholesterol in the blood.

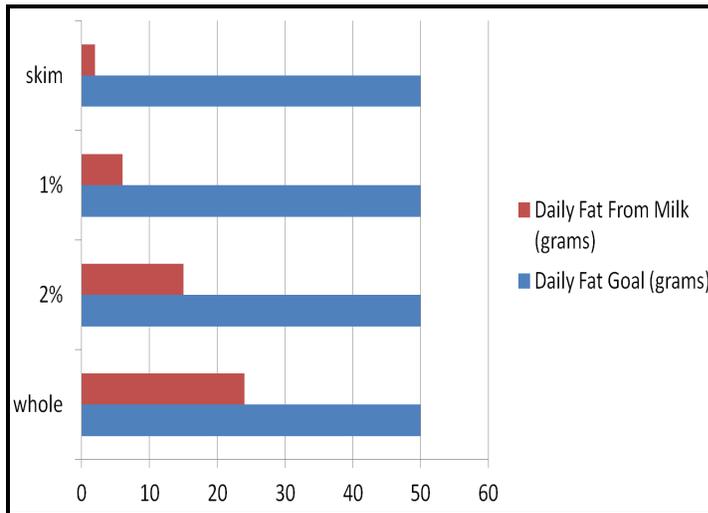
For these reasons, the *2010 Dietary Guidelines* recommend that everyone over the age of 2 drink 1% or skim milk. If you drink whole milk, gradually switch to lower fat versions. This change will cut calories and fat from your diet, but won't reduce calcium or other essential nutrients.

### Some tips for making the switch:

1. Serve milk very cold!
2. Mix the whole milk with half 1% and gradually add more 1% or skim until you are serving all 1% or skim.
3. Be a good role model. If children see you drinking milk, they are more likely to drink it too.



Fat Provided by Milk in Children's Diet



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Calculations based on 1500 calorie diet, the recommendation that 30% of calories come from fat, and assuming 3 glasses of milk per day.

## Skim and 1% Milk are Nutrient-Rich Foods!

Milk contains 9 essential nutrients that offer a variety of benefits in the growth and development of young children. For example:

- Calcium is used for building bones and healthy teeth.
- Potassium may help maintain healthy blood pressure.
- Vitamin D promotes calcium absorption and helps maintain adequate calcium levels in the body. It is also needed for bone growth.
- Vitamin B-12 is necessary for red blood cell formation and a healthy nervous system.
- Milk also contains protein, phosphorus, vitamin A, riboflavin and magnesium!

**Did you know** that according to the *2010 Dietary Guidelines* moderate evidence shows that the intake of milk and milk products is linked to improved bone health, especially in children and adolescents?

Skim milk and 1% milk are considered **nutrient-rich** foods because they offer many nutrients for few calories.

When you compare whole milk to skim milk you can see that the skim milk offers all of the same nutrients but you "pay" less of your daily calorie expenditure for it:

### 1 cup whole milk

156 calories  
8 grams fat  
8 grams protein  
30% of daily calcium needs  
25% of daily vitamin D needs

**VS**

### 1 cup skim milk

92 calories  
Less than 1 gram of fat  
9 grams protein  
35% of daily calcium needs  
25% of daily vitamin D needs