



Dairy, Meats and Beans -Oh My!

“Milk Matching”

Directions: Match the participant to the correct milk choice below by drawing a line. (Some answers will be used more than once.)

Participant:

Pregnant Woman
Child 3 years old
Breastfeeding Woman
Child 15 months old
Postpartum

Milk Choices:

Whole milk
2 %, 1 %, or Skim
Chocolate Milk
Rice Milk

What are the health benefits of low-fat milk? _____

When asked: “My child does not tolerate milk, what can I do?” Discuss with the participant the various choices available and determine which one best meets her families needs. Options include:

- Maximum milk
- Milk and cheese
- Lactose free milk
- Lactose free milk and cheese
- Soy milk with medical justification (prescription required for children)

Food For Thought Activity: “Milk Outside of the Glass”

Directions: Write down all the ways you can think of to use milk--besides drinking it! Share your favorites with the group.

