

When your child does not drink milk

If your child refuses milk, try to find the reason why:

- Is it the taste or temperature?
- Are they pressured to drink milk? Is there a lot of attention put on drinking milk?
- Are others at the table not drinking milk?
- Does milk give your child an upset stomach or diarrhea? Speak with a doctor or dietitian if this is the case



Do not consume unpasteurized or raw milk because it can cause serious illness.

Tips to increase your child's interest in drinking milk

- Calmly offer milk to your child. Do not force or beg your child to drink milk
- Offer small servings of milk (4 oz or 120 mL) at most meals and snacks
- Set an example by drinking milk yourself
- Try serving milk in a special coloured cup or with a straw
- Serve milk at a temperature they like. You can try adding ice cubes to make the milk really cold or try serving warm milk
- Let them pour their own milk with the help of a small pitcher
- Add chocolate or strawberry flavouring to milk
- Make hot chocolate with milk
- Make chocolate milk popsicles!

Milk is important!

Milk provides energy plus many essential nutrients including protein, calcium and vitamin D. These nutrients are needed to grow healthy bones and teeth. Children can get protein from other foods but if your child does not drink milk, they may not be getting enough calcium and vitamin D.

Children over 12 months of age need to get 2 cups (500 mL) of milk every day because it is the main food source of vitamin D and an excellent source of calcium.

- Choose **whole** milk (3.25%) for children less than 24 months of age
- Choose **lower-fat** milk (2%, 1%, skim) or fortified soy beverage for children 24 months of age or older

Chocolate milk tips

- Buy chocolate milk, not chocolate beverage. Read the label to be sure
- Order chocolate milk when dining out instead of juice or pop
- Mix chocolate milk with regular milk for less sugar

Ideas for adding milk to food

While your child is learning to enjoy milk, choose foods or beverages that are made with milk such as:

- Breakfast cereals
- Homemade or canned cream soups
- Mashed potatoes
- Oatmeal cooked in milk instead of water
- Pancakes
- Puddings and custards
- Scrambled eggs
- Smoothies (made with milk, yogurt and fruit in a blender)



Remember that when preparing foods that call for water, you can usually replace the water with milk.

Ideas for adding dried milk powder to food

Dried milk powder offers the same amount of protein, calcium and vitamin D as fluid milk when it is prepared as directed. Try mixing in two tablespoons of milk powder to the following foods:

- ½ cup hot cereal (add after the water and cereal are mixed)
- 1 hamburger patty
- 4 meatballs
- 1 cup casseroles, tomato sauces, stews, and macaroni and cheese,
- ½ cup mashed potatoes
- ½ cup cream soups
- 1 cup pancake or waffle mix
- 1 cup of flour in muffin or bread recipes

You can even mix ½ tablespoon per egg when making scrambled eggs.

If your child continues not to drink milk, here are some other sources of calcium and vitamin D. Consider talking to a registered dietitian at EatRight Ontario at 1-877-510-5102 for more information.

Non-milk food sources of calcium and vitamin D

Sources of calcium	Sources of vitamin D
<ul style="list-style-type: none"> • Yogurt • Hard cheese, cheese slices and cottage cheese • Soy beverage, fortified • Orange juice, calcium fortified • Salmon and sardines, canned with bones (mash up the bones) • Almonds • Figs, dried • Baked beans, soy beans and white beans, cooked • Bok choy, rapini, spinach and okra, boiled • Tofu, made with calcium 	<ul style="list-style-type: none"> • Soy beverage, fortified • Some fruit juices (check the label) • Some yogurts (check the label) • Herring, mackerel, trout, tuna, salmon and sardines