



Choosing milks for children

When choosing a milk for your child, there are a few areas of nutrition that should be considered.

COW'S MILK

- Before 12 months, cow's milk as a drink is not appropriate. From 6 months however, small amounts can be added to meals (e.g. porridge)
- From 12 months: full cream, pasteurised milk can be introduced as a drink
- Full cream milk is recommended for 12 months – 2yrs
- Low fat milk <2yrs is not advised as kids need the extra energy from the fat in full cream milk to grow and develop
- Skim milk (0.15%) is never recommended for children



The nutrition:

- ✓ Best source of calcium for growing bones
- ✓ Great energy & protein source for growth
- ✓ Good source of B-vitamins & vitamin A

Toddler milks & *supplementary milks* are considered unnecessary if kids are eating a healthy, balanced diet

PLANT & ALTERNATIVES

- Milk alternatives include soy, rice, oat, coconut, almond, goat & sheep milks
- These milks are nutritionally incomplete, as they aren't a good sources of protein, vitamin B12 & other B-vitamins. They should only be used:
 - for medical reasons under medical & health professional supervision (e.g. milk allergy)
 - for cultural or religious purposes
- *Calcium-fortified* soy, rice & oat milks are the recommended alternatives after 12+ months
 - *Calcium-fortified* soy milk is the top pick as it has a similar protein content to cow's milk



If using plant milk alternatives:

- ✓ Use a full fat type
- ✓ Make sure your child is getting enough protein & vitamin B12 from other foods
- ✓ Calcium-fortified (Look for 100mg calcium per 100mL)

TIPS



A child over 12+ months should not drink more than 500mL a day, due to its high protein & low iron content



Milk in large amounts reduces appetite at mealtimes & reduces children's interest in trying new foods



Offer milk in a cup from 12 months

Where to from here..

If choosing a milk alternative, please speak to your doctor & health professional (i.e. dietitian) to ensure your child is, and will meet all their nutrient requirements needed for growth & development