



## 24 Ounces in 24 Hours is Too Much Milk

Cow's milk has lots of important nutrients for your growing toddler, like fat, protein and calcium.

Too much cow's milk does not leave room in your toddler's diet for iron-rich foods, fruit, and vegetables.

Cow's milk provides almost no iron, an important mineral.

Not eating enough iron-rich food can lead to problems with your toddler's health and development, including anemia and potential learning problems.

The ideal amount of milk for your toddler is 16-20 ounces per day (about 2 cups).

### **Nutrition Tips to Help Provide Enough Iron for your Toddler:**

- Do NOT give cow's milk to your baby until after first birthday.
- Between ages 1 & 2 your child should drink whole milk.
- At age 2 your child should change to 1% or nonfat milk.
- DO offer iron rich foods – including meats, seafood, beans, peas, sweet potatoes, raisins, leafy greens, prune juice, and tofu.
- DO use iron enriched products when available – including cereals, rice, bread, pasta, and tortillas (check the food label).
- DO feed small amounts of meat or seafood at the same time as iron-rich foods to help your toddler absorb more iron.