

Helping Little Ones Like Plain Milk

Starting with plain milk helps kids develop healthy habits!



If you've already offered flavored milk (like chocolate or strawberry), try cutting back slowly:

→ Mix a small amount of plain milk with flavored milk

→ As your child gets used to less sugar, add more plain milk and less flavored milk

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider.

Adapted from <https://healthydrinkshealthykids.org>

Ayudando a los niños gustar la leche

¡Iniciando con leche ayuda a los niños para desarrollar hábitos saludables!



Si ya han ofrecido leche saborizada (como chocolate o fresa), prueben reducirla despacio:



Mezclen una cantidad pequeña de leche con leche saborizada.



Como su niño se habitúa a menos azúcar, añadan más leche y menos leche saborizada