



September 2024 Issue

WIC Program Newsletter

Office Hours

Tuesday - Thursday:

9:00 am – 3:45 pm

Monday:

7:30 am – 3:45 pm

Friday: 7:30am-3:15pm

Site Location & Dates

Currently Conducting
Remote and In Person
Appointments

New Service Location: 85
Aiken Ave Rensselaer, Ny
Every 2nd Tuesday of the
month from 10 am-2 pm

Breastfeeding Support Group

Please join us for our
virtual breastfeeding
support group!

**Every Monday at 10 am
and Wednesday at 10am
and 6 pm.**

Or in person
at 10am on the 2nd
Tuesday of the month!

CEO's WIC Program

2328 Fifth Avenue,
Troy, NY 12180

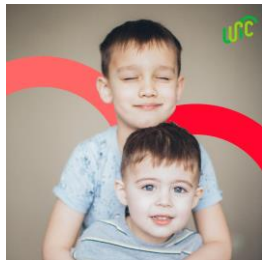
Phone: 518-272-6159

Fax: 518-205-7624

Website:

www.ceoempowers.org/wic

* This institution is an equal
opportunity provider.



Milk! What Type Should I Give My Child!

Milk, in one form or another, is a big part of your child's nutrition. It is a good source of calcium, vitamin D, and protein. In fact, depending on their age, most kids should drink between 2 and 4 glasses of milk each day, especially if they aren't eating or drinking any other calcium-rich foods, such as yogurt, cheese, or calcium-fortified orange juice.

The only problem is that whole milk has a lot of fat in it, especially when compared to low-fat milk and nonfat milk. This extra fat is especially concerning considering the childhood obesity epidemic we are currently facing.

Whole vs Low Fat Milk

Traditionally, the American Academy of Pediatrics recommended that all children switch to low-fat milk once they are two years old. Older babies who are not breastfeeding beyond age 1 are supposed to drink whole milk.

That changed with a 2008 report on "Lipid Screening and Cardiovascular Health in Childhood," when the AAP issued a new recommendation that reduced-fat milk might be appropriate for some children between the ages of 12 months and 2 years of age. This is especially true if they are already overweight, or if they have family members who are overweight or have high cholesterol, etc.

The Case for Whole Milk

Whole milk is a good option for babies who are 12 months or older who are not breastfeeding or drinking a toddler formula. According to the AAP, these "young children need calories from fat for growth and brain development," and "this is especially important in the first 2 years of life."

The only other benefit of whole milk over low-fat milk is that some people believe it tastes better so it might be easier to get the child to accept it. Because of this kids who don't get used to low-fat milk simply refuse to drink it.

Whole milk might also be preferred if you have a very picky eater who is not overweight and is simply not getting enough fat and calories from the rest of their diet. Although, you don't want all your child's calories to come from milk. Talk to your pediatrician or WIC nutritionist if you feel like this is your situation.

Sources: Should You Give Your Kids Low Fat or Whole Milk? <https://www.verywellfamily.com/milk-low-fat-vs-whole-milk-2633873> , 22 Aug. 2024

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The Case for Low Fat Milk

Although the AAP voices the benefits of whole milk for younger toddlers who aren't overweight, they do say that after age 2, you should switch your toddler to skim or low-fat milk, like the rest of the family.

Does the difference between whole milk and low-fat milk really make that much of a difference?

A quick comparison of milk nutrition labels (per 8-ounce serving) shows that it really does:

- Whole Milk - 150 Calories - 8g Fat
- 2% Milk - 120 Calories - 4.5g Fat (Reduced fat milk)
- 1% Milk - 100 Calories - 2.5g Fat (Low-fat milk)
- Skim Milk - 80 Calories - 0g Fat (Nonfat milk)

So, if your 2-year-old goes from whole milk to 1% milk and typically drinks 3 cups of milk a day, he would save 150 calories a day. Although that doesn't sound like much (you gain about a pound for every 3,500 calories you consume), those extra 150 calories might result in an extra pound of body weight every 3 weeks or so ($150 \text{ calories/day} \times 23 \text{ days} = 3450 \text{ calories} = 1 \text{ pound}$).

Best Milk for Kids

So, what should you do? According to AAP recommendations, if your toddler isn't going to continue breastfeeding, you should switch them to whole milk once they are 12 months old. Next, switch to skim or low-fat milk at age 2 years. Making the switch earlier, at 12 months, if your child is already overweight.

Making the switch at an early age may be easier than doing it when your child is older and more likely to notice and be resistant to the change. Still, even with a younger child, you can make a gradual switch. Start with 2% milk and then after a couple of weeks switch again to 1% milk or skim milk.

An early switch to low-fat milk also helps to ensure healthy habits for the rest of your child's life, as they will be more likely to continue to drink low-fat milk as a teen and adult, instead of higher fat/calorie whole milk.

Remember that non-dairy alternatives such as soy milk, are typically low in fat, and a good alternative if your child is 2 years old and beyond. Dairy free milk is especially a good choice if your child is allergic to cow's milk or has a lactose intolerance.



Photo courtesy of <https://parenting.firstcry.com/articles/easy-and-effective-ways-to-make-kids-to-drink-milk/>