

# My Taste-Test Chart

## Moooving to Lowfat and Fat Free Milk

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Type of Milk	I like it	I don't like it	I'm not sure
Lowfat (1%) Milk			
Fat Free (Skim) Milk			

**Will you please buy me lowfat or fat free milk to drink? Moooving to lowfat and fat free milk is a healthy choice for our family. Did you know that it takes 8 – 10 times for me to get used to a new food? So, don't give up after having me try something new only once!**

**Did you know?**

Children need at least one calcium source with each meal and snack to grow the strongest bones. Children ages 1-3 need 500 mg of calcium per day and children ages 4-8 need 800 mg.

Natural Dairy Sources of Calcium	
Milk (1 cup)	300 mg
Cheese (1 ounce)	175-275 mg
Cottage Cheese (1 cup)	140 mg
Yogurt (1 cup, lowfat/nonfat)	415 mg
Ice Cream & Ice Milk (1 cup)	150 mg
Frozen Yogurt (1 cup)	Up to 200 mg
Pudding & Custard (1 cup)	150 mg

