

PERFECT PAIRINGS FOR KIDS & YOU



Suggested Age: 1 YEAR



💡 dip banana in yogurt, roll in whole grain cereal, freeze



💡 make an omelette



💡 make a puree



💡 make a "PBJ" parfait



💡 make overnight oats, sprinkle with cinnamon

Suggested Age: 2-5 YEARS



💡 blend as a smoothie



💡 add cinnamon and nutmeg to make horchata



💡 make as a grilled cheese



💡 mix together as a risotto



💡 blend together and freeze into a popsicle

Suggested Age: 5+ YEARS



💡 add basil and make a sandwich



💡 add favorite herbs and make a dip



💡 make a wrap, serve with homemade salsa



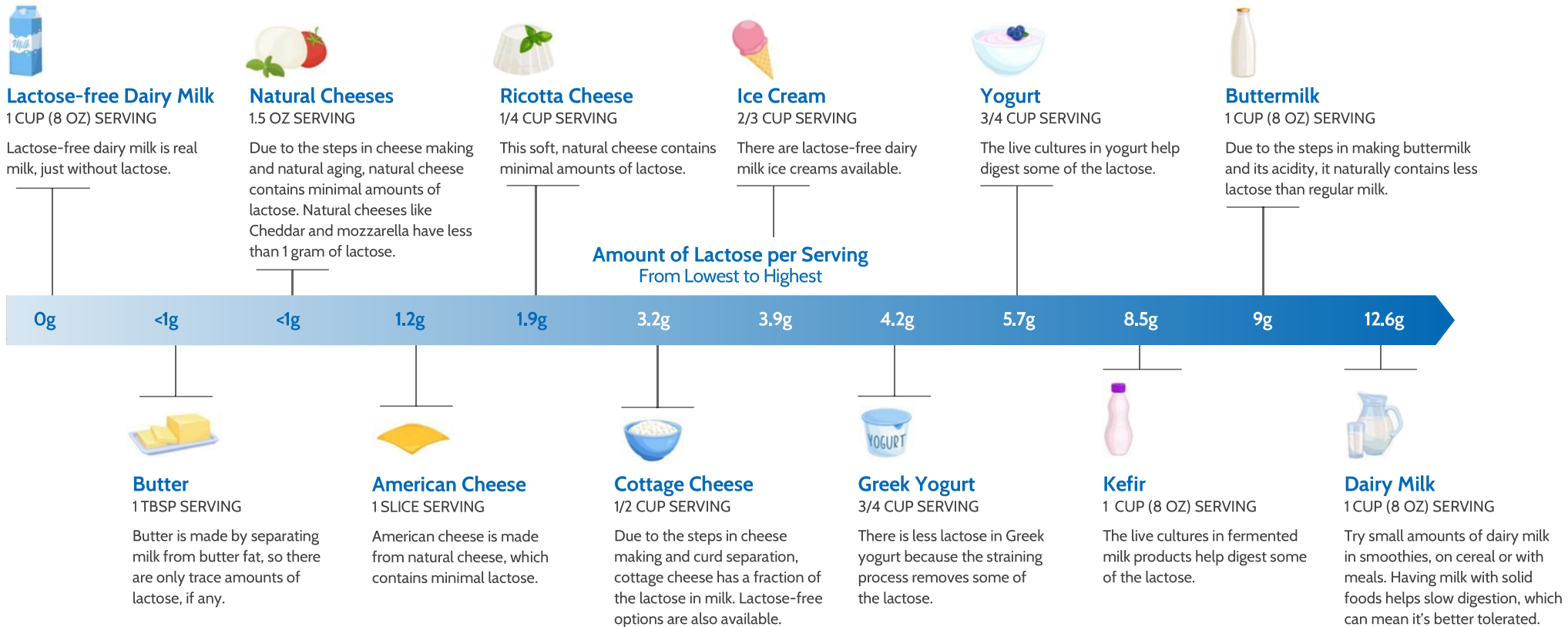
💡 make a kabob, serve with milk



💡 mix and top with favorite sauce

Enjoy Dairy Foods with Confidence

Everyone tolerates lactose differently. The good news is there are a variety of lactose-free and lower-lactose choices that deliver on taste and nutrition.



1 Lactose content based on the Reference Amount Customarily Consumed (RACC) and data from FoodData Central: <https://fdc.nal.usda.gov/>. Accessed October 2022. Ricotta lactose content based on Facioni MS et al. 2020, Di Costanzo M et al. 2020 and Food Standards Australia New Zealand. Detailed data is on file and available upon request.