

Drink Your Milk

Did you know...?

Children, ages 4-8 years, should be consuming three 8-ounce glasses of milk or other dairy each day.



How many ounces of milk is that per day? 24

How many ounces of milk is that per week? 168

Children, ages 9-18 years, should be consuming four and a half, 8-ounce glasses of milk or other dairy each day.



How many ounces of milk is that per day? 36

How many ounces of milk is that per week? 252