



**CENTRAL OHIO
PRIMARY CARE**
THE BEST FOR PRIMARY CARE



**Recommended Dietary Allowances
for Calcium and Vitamin D**

Age	Amount of Calcium Per Day	Amount of Vitamin D Per Day
0-6 Months	200 mg	400 IU
7-12 Months	260 mg	400 IU
1-3 Years	700 mg	600 IU
4-8 Years	1000 mg	600 IU
9-18 Years	1300 mg	600 IU

*Chart from Healthychildren.org

Milk Recommendations

Age	Growth % weight or weight for length	Amount	Recommended options (all unflavored/unsweetened)
0-12mo	-	Up to 7-8oz/feeding; <32oz/day	Breastmilk or formula; * may require formula/Breastmilk fortification/higher concentration for slow growth
12-24mo	-	16-24oz/day	Continued breastmilk, Whole milk, fortified soymilk, fortified hemp milk (+additional fat/protein foods), fortified pea protein milk, or continued formula (in cup) if not switching to whole milk
>24mo	5-85%	16-24oz/day	Family preference
>24mo	<5%	16-24oz/day	Consult with Dr/RD, Whole milk, fortified soymilk, fortified pea protein milk, protein nut milk
>24mo	>85%	16-20oz/day	Consult with Dr/RD, Skim or 1% LF milk, nut milk, flaxseed milk

“Whole milk” can indicate: conventional whole milk, organic or grass fed whole milk, A2 whole milk, whole ultra filtered milk (Fair life), whole goat’s milk, whole lactose free milk

“Skim or LF Milk” can indicate: conventional LF/skim milk, organic or grass fed LF milk, A2 skim/lf milk, skim/lf ultra filtered milk, LF goat’s milk, LF/skim lactose free milk

Milk Guide

Type	Brand Names	Kcal/ 8oz	Pro/ 8oz	Ca (mg)	Vit D (mcg)	Pro/Con
Whole Milk	Local/store branded	150	8	390	5	<p>Pro: complete protein, higher protein, locally sourced, high fat content may promote satiety, dairy saturated fat under research for potential benefits, possible improved Vitamin D absorption</p> <p>Con: may be difficult to digest, higher in saturated fat</p>
Skim Milk	Local/store branded	80	8	390	5	<p>Pro: complete protein, higher protein, locally sourced, low in saturated fat</p> <p>Con: may be difficult to digest, less satiety</p>
A2 Milk (version of cow's milk)	A2 Milk Company, Snowville Creamery 2%	130	9	300-390	2.5-5	<p>Pro: A2 protein is most likely easier to digest than A1 protein (cow's milk is a blend of A1 and A2), locally sourced, complete protein, higher protein, available in multiple fat percentages</p> <p>Con: cost, availability</p>
Almond Milk	Almond Breeze, Silk Almond, Pacific, Dream, Califia Farms, Store branded	60	1	450	2.5	<p>Pro: high in vitamin E, lactose free, vegan friendly</p> <p>Con: low protein, flavored versions may contain 13g of sugar</p>
Soy Milk	Silk Soymilk, 8th Continent, Dream, Pacific, Store branded	80-120	8	450	3	<p>Pro: equal protein to cow's milk, contains 2g fiber, lactose free and vegan friendly</p> <p>Con: perceived soy "fear", flavored versions may have ~16g sugar</p>
Protein Nut Milk	Silk	130	10	450	2.5	<p>Pro: high protein, lactose free, vegan friendly, contains 7.5g unsaturated healthy fats</p> <p>Con: higher in sodium (230mg), cost, availability</p>
Pea Protein Milk	Ripple	110	10	450	4	<p>Pro: allergen friendly, lactose free, vegan friendly, high in protein, vegan DHA added, trending product</p> <p>Con: cost, multiple ingredients, availability</p>

Type	Brand Names	Kcal/8oz	Pro/8oz	Ca (mg)	Vit D (mcg)	Pro/Con
Coconut Milk	Silk, So Delicious, Pacific, Coconut Dream, Store branded	70	0	130-460	2	Pro: lactose free, vegan friendly Con: high in saturated fat, no protein
Rice Milk	Enriched Rice Dream	120	0	280	5	Pro: lactose free, allergen friendly, vegan friendly, 1.5g monounsaturated fats per serving Con: no protein, higher sugar and carb content
Flaxseed Milk	Good Karma	50	0	280	2.2	Pro: 1200mg ALA omega-3s per serving, allergen friendly, lactose free, vegan friendly Con: cost, no protein, availability
Organic Milk- 2%	Stoneyfield Farms, Horizon, store branded, Organic Valley	120	8	390	4.5	Pro: contains slight amount of omega-3s and CLAs (more than conventional milk), complete protein, high protein, multiple fat percentages Con: cost, confusion with organics, may be difficult to digest
Ultra Filtered Milk	Fairlife, CarbMaster, Organic Valley	100-120	11-13	360-450	2.5-5	Pro: lactose free, complete protein, higher protein, diabetic friendly, multiple fat percentages Con: cost
Macadamia Nut Milk	Milkadamia	40	1	390	5	Pro: lactose free, vegan friendly, 3mg monounsaturated fats per serving Con: low protein, cost, availability
Oat Milk	Planet Oat, Silk Oat, Chobani Oat, Oat Dream, Pacific, Oatly, Simply Oat, store branded	90-130	1-3	300-460	4	Pro: contains soluble fiber, lactose free, vegan friendly, allergen friendly Con: low protein, not always suitable for gluten free diets

Type	Brand Names	Kcal/ 8oz	Pro/ 8oz	Ca (mg)	Vit D (mcg)	Pro/Con
Raw Milk	Local herd shares; illegal to sell in OH	Unregulated				<p>Pro: believed to have beneficial enzymes for digestion and probiotics that would not otherwise survive pasteurization</p> <p>Con: very high food borne illness risk, controversial, CDC advocates avoidance</p>
Goat's Milk	Local, Meyenberg-whole	140	8	300	3	<p>Pro: naturally A2 protein- easier to digest, fat evenly distributes so does not require homogenization, complete protein, high protein</p> <p>Con: cost, availability, Western culture acceptance</p>
Grassfed Milk	Horizon, Maple Hill, Organic Valley	130	8	390	2.5	<p>Pro: contains most omega-3s and CLA of all cow's milk (though not as high as other omega-3 food sources), complete protein, high protein</p> <p>Con: cost, availability, earthier taste</p>
Cashew Milk	Silk, Pacific	25-50	0	450	2.5	<p>Pro: Lactose and vegan friendly</p> <p>Con: no protein, Pacific brand is not fortified, availability</p>
Hemp Milk	Pacific, Living Harvest Tempt	80-140	2-4	260-390	2-5	<p>Pro: 8g of fat with omega 3s, lactose free, vegan friendly, allergen friendly</p> <p>Con: cost, low protein, availability</p>
Lactose free milk-2%	Lactaid, store branded, Horizon, etc	130	8	300	2.5	<p>Pro: Lactose free, Complete protein, higher protein, locally sourced, multiple fat percentages</p> <p>Con: tastes sweeter than milk</p>
Protein Cow's Milk	Stoneyfield Farms	120	11	380	3	<p>Pro: Extra protein added, complete protein</p> <p>Con: cost, availability, may be difficult to digest</p>