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**Drink Milk: Your Kids are Watching!**

Research from The Pennsylvania State University found that girls ages 5-9 who met calcium recommendations by drinking milk had mothers who drank milk too.

The study measured the girls' and their moms' intakes of energy, calcium, milk, sweetened beverages, fruit juices, and calorie-free beverages over five years.

Girls who met the calcium recommendation at age 9 had higher bone mineral density than those who did not. They also had mothers who drank more milk and served milk to their daughters more frequently than those who did not meet the calcium recommendation.

Researchers conclude that what mothers choose to drink has a significant impact on their daughters' calcium intake and bone health.

A separate study using a similar population of girls at ages 5, 7, and 9 investigated the quality of children's diets and how it changes over time. Results showed that at age 5, 69 percent of the girls were meeting the recommended number of servings from dairy foods, however this decreased significantly over time; by age 9 only 36 percent of the girls were meeting the recommendation.

Results also showed that girls with high dairy food intakes at age 5 continued to have high dairy intakes over time.