WHY THE NUTRIENTS IN MILK MAKE SENSE FOR ACTIVE KIDS

Milk contain 8 essential nutrients. It naturally contains protein calcium, vitamins B2, B5, B12, potassium, phosphorous and iodine providing many benefits-

1. BUILDS AND MAINTAINS MUSCLES

Milk is a natural source of **high-quality protein**, which contributes to the growth and maintenance of muscles.
It also contains **potassium** which helps our muscles work **normally** – especially important after all that running around.

2. HELPS REDUCE TIREDNESS AND FATIGUE

*Milk naturally contains **vitamins B2 and B12**, vitamins which help reduce tiredness and fatigue - these nutrients play an important role in energy production converting the food we eat into energy.

3. SUPPORTS GROWING BONES

Milk is rich in calcium which helps ensure children's bones grow and develop normally, and stay healthy throughout life. Just one **200ml glass of milk provides almost 1/3 of a child's daily calcium needs, supporting strong bones — for sports today and strength tomorrow.

4. SUPPORTS BRAIN HEALTH

Milk is rich in **Iodine**, a nutrient we often don't hear much about but it's really important for supporting normal cognitive function. It also provides vitamins B5 and B12 which supports normal physiological function – in other words, our emotions, behaviour and overall mental health.







MILK GOALS

MILK: A NATURAL PARTNER FOR ACTIVE KIDS

Support their energy.* Nourish their growth. Keep them game-ready.**

Whether it's football after school, weekend sports clubs or PE at school, active kids are constantly on the move and their bodies need the right support. Milk isn't just a tasty drink – it's a natural ally for growing bodies.

EASY WAYS TO ADD MILK TO YOUR CHILD'S DAY

- ☑ **Poured over cereal**
- ☑ **As a bedtime warm drink**
- ☑ **In smoothies or shakes**
- ☑ **Cooked into porridge**
- ☑ **Simply by the glass**

LET'S EAT BALANCED FROM AHDB





TRY THESE TASTY, NUTRITIOUS RECIPES

MIGHTY MILK SHAKE

Perfect after sports for helping refuel those tired muscles.

- **300ml milk**
- **1 banana**
- **1 tbsp peanut butter**
- **2 tbsp oats**
- **(Optional: 1 tbsp Greek yogurt for extra creaminess)**

Blend all ingredients until smooth. Serve chilled.
Top tip: Keep it cool in a stainless steel flask.

STRAWBERRY OVERNIGHT OATS

A nutritious start to the day.

- **100ml milk**
- **50g porridge oats**
- **2 tbsp natural or Greek yoghurt**
- **4-5 fresh strawberries, chopped**
- **1/2 tsp honey or maple syrup (optional)**
- **A few extra strawberries or seeds to top**

In a jar or bowl, mix the oats, milk, and yoghurt. Stir in the chopped strawberries and sweetener if using. Cover and refrigerate overnight (or at least 4 hours). In the morning, give it a stir and top with more strawberries or seeds if you like.

MILK ☑ NATURAL GOODNESS

- 8 essential nutrients – naturally provides **protein**, **calcium**, **vitamins B2**, **B5**, **B12**, **potassium**, **phosphorous** and **iodine**
- **Affordable**, **natural** and **widely available**
- **No added sugar** or **artificial ingredients**

Milk – a simple, everyday way to help your sporty kids thrive.
Enjoy as part of a healthy balanced diet and lifestyle.