

# “milk and cookies disease” do’s and don’ts

## CHECKLIST

### “MILK AND COOKIES DISEASE” DO’S AND DON’TS

If you suspect that your child may have the “Milk and Cookie Disease” (MCD), try the following tips from Dr. Julie Wei:

#### DO’S

- Serve fresh fruits (not from a can or “fruit cup” with syrup) with as many meals as possible, and as snacks.
- If you believe strongly in the benefits of dairy, and you and your children do not want to consider a nondairy alternative (such as soy milk, almond milk, coconut milk, etc.), give with breakfast and lunch or daytime snacks.
- Indulge in ice cream, pudding and other sweets as an after school snack.
- Have dessert while you’re still at the table right after dinner, not later in the evening.
- Serve 100% juices with breakfast or lunch, but avoid these sugary drinks in the evenings. Remember, for kids ages 2 - 6, no more than 4 oz of juice in an ENTIRE day should be served.
- Drink more water.
- Have water before bed, and leave a glass of water on the bed stand at night if necessary. Only water (no juice).

- Finish dinner 90 minutes to two hours before bedtime whenever possible.
- Switch from whole milk to two percent once your toddler is two years old.
- Treat constipation—talk to your doctor about treatments.
- Offer bananas, dry crackers, whole grain toast or bread, even popcorn as snack options if your child must eat close to bedtime.
- Ask the doctor who has prescribed medication(s) for your child when it may be appropriate to stop the medication(s).
- Celebrate your family's special events with love and food, but choose healthier options or earlier celebratory meals.

## **DON'TS**

- Offer milk, yogurt or cheese sticks as evening snacks.
- Serve milk with dinner.
- Offer milk throughout the night when they wake from sleep.
- Force children to drink milk or consume dairy with every meal.
- Encourage eating a big meal before rigorous exercise, games or practices.
- Worry that your child is going to bed hungry from missing a bedtime snack. He/she can eat a big breakfast in the morning.
- Allow toddlers to “nurse” on a sippy cup of milk throughout the day.
- Insist on toddlers drinking unfinished milk from dinner throughout the night.
- Allow your child to over-use the hot sauce or eat too many spicy foods or hot chips.
- Be afraid to ask the doctor who prescribed your child's medication for information about potential side effects with short and long term use.
- Indulge excessively when eating out by having soda, large quantities of food AND dessert!
- Allow children the habit of eating bedtime snack.

## STAY IN TOUCH

### The Healthy Kids Movement

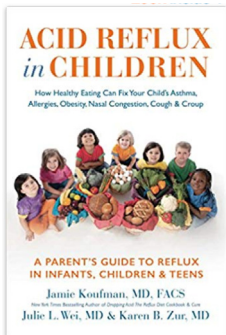
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Dr. Julie Wei's first book shares tips on how to live A Healthier Wei. It expands on many topics related to MCD, such as anatomy, health care and health culture. It will also teach you how to navigate nutrition and make quick and easy meals for your family.

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