



Buttercup



MOOOVE

TO

LOW-FAT

MILK!



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
www.vdh.virginia.gov



Why should I choose low-fat milk for my family?

Reducing the amount of fat in the diet can help:

- Control your weight
- Lower your cholesterol
- Reduce your risk of heart disease and stroke
- Whole milk is a high-fat food. One glass of whole milk has as much fat as three slices of cooked bacon.
- Two percent milk is not low-fat. It has as much as two slices of cooked bacon. Only 1%, 1/2% and skim milk are really low-fat milk.
- Children over the age of 2 and adults don't need the fat found in whole milk.
- Most of the fat in milk is saturated fat. This is the unhealthiest kind of fat.

Follow this simple guide for calories and fat per 1 cup serving:

Whole milk	150 calories	8 grams of fat
2% milk	120 calories	5 grams of fat
1% milk	100 calories	3 grams of fat
Skim milk	85 calories	0 grams of fat

Because young children are growing so rapidly, low-fat milk is not recommended for children between the ages 1 and 2.

There are so many kinds of milk in the store. How do I know which one to buy?

- The fat content is the only difference between whole, low-fat and skim milk.
- All varieties of regular fluid milk have the same amount of protein, calcium, vitamins and minerals, except:
- Chocolate milk is higher in sugar, and High-protein milk has higher protein content.

My family doesn't like the taste of low-fat milk. How can I get them to switch from whole milk?

- Make the change gradually. Starting by mixing whole milk and 2%, then go all 2%. Use this for a while, then do the same with 1% and skim. Your family is more likely to accept the change if you make one step at a time.
- Drink low-fat milk yourself! Be a role model for healthy food choices.

