

Low fat milk is a **healthy choice** for you and your family.



low fat milk



whole milk

Low fat milk has:

- ✓ Same calcium
- ✓ Same protein
- ✓ Same minerals and vitamins
- ✓ Less fat
- ✓ Fewer calories

All Milk Has:

- Calcium and vitamin D for strong teeth and bones
- Protein for muscle growth
- Calcium, potassium and magnesium for healthy blood pressure

Doctors and nutritionists encourage drinking low fat and fat free milk.



Great Tasting Ways to Use Milk and Cheese

Start at Breakfast



*Creamy Banana Walnut Oatmeal **

- Add low fat milk to whole grain cereal with fresh fruit
- Use low fat milk in place of water when making oatmeal
- Make scrambled eggs with low fat milk and top with mozzarella cheese

Snack Smart



*Perfect Fruit Smoothie **

- Prepare instant pudding mix with low fat or fat free milk and spoon over vanilla wafer cookies and sliced bananas
- Mix low fat milk or yogurt with fruit in a blender to make a fruit smoothie
- Enjoy a cup of steaming hot chocolate – mix fat free milk with chocolate syrup

Healthier Meals



*Cheesy Broccoli Soup**

- Make soups and casseroles more flavorful by adding low fat milk
- Sprinkle shredded mozzarella cheese on top of broccoli, beans, whole grain rice or other family favorites



Moving to lower fat milk?

Take your time—

- ✓ **Step one:** switch between whole and 2%
- ✓ **Step two:** Stick with 2% if you like it, or switch between 2% and 1%
- ✓ **Step three:** Stick with 1% if you like it, or switch between 1% and fat free



*For these and other great tasting milk and cheese recipes, visit www.3aday.org.

Sensitive to lactose?
Try low fat and fat free lactose free milk!



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American Academy of Pediatrics

