

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.nationaldairyCouncil.org.

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



NATIONAL DAIRY COUNCIL



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™