

# ***Low-Fat Milk: A Healthy Choice for Your Family***



**Low-Fat  
Milks**



**High-Fat  
Milks**



**Skim milk, 1 percent milk, 2 percent milk and whole milk all have the same amount of protein, calcium, vitamins and minerals. Vitamin D is added to all of them.**

The amount of fat is the only difference between them, and it's a big difference. Half the calories in whole milk come from fat and one-third of the calories in 2 percent milk come from fat.

Only 1 percent milk and skim milk are truly low-fat milks.

# Why Move to Low-Fat Milk?

Adults and children ages 2 and older do not need the extra fat and calories from 2 percent or whole milk.

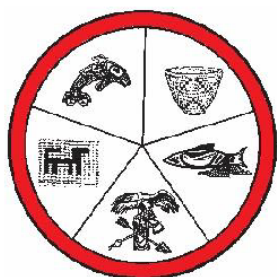
## Reducing the amount of fat in your diet can help:

- Control your weight.
- Lower your cholesterol.
- Reduce your risk of heart disease and stroke.

For adults drinking 2 to 3 cups of milk daily, you could lose 12 pounds in a year just by switching from 2 percent milk to skim milk.

## How Can I Get My Family To Switch to Low-Fat Milk?

Make the change gradually. Start by mixing whole milk and 2 percent, then go to all 2 percent. Use this for a while, then do the same with 1 percent and skim. Your family is more likely to accept the change if you take one step at a time.



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