

MOOOVE TO LOW-FAT DAIRY!



Low-fat dairy foods include:

- 1% or skim milk
- Low-fat cheeses
- Low-fat yogurts

Why switch to low-fat dairy foods?

Low-fat dairy foods have the **SAME BENEFITS** as other dairy foods:

- Calcium and Vitamin D for strong bones and teeth.
- Good source of protein for strong muscles.

BUT LESS FAT AND CALORIES

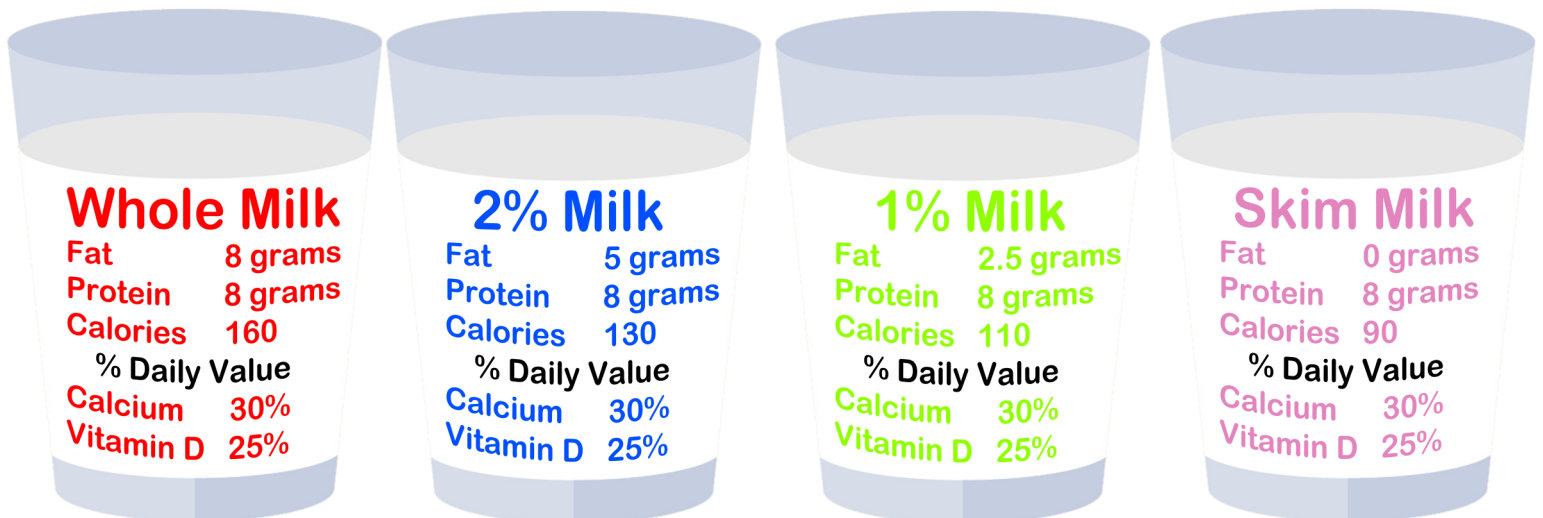
- Help your family be at a healthy weight and have a healthy heart.

Who should switch to Low-Fat Dairy Foods?

For **EVERYONE 2 years or older** low-fat dairy is best unless there is a medical reason for needing more fat and calories. Children aged 1 -2 should have whole milk because they need the extra fat for healthy growth. Breastfeeding is best for baby's 1st year or longer.

How to make the Mooove easy:

Try switching gradually. Start by mixing a cup of mostly whole milk with a little 1% milk. Every time you drink milk, add more 1% milk and less whole milk until you are only drinking 1% milk! Over time try skim milk for less fat and calories and more health benefits.



Learn more! At the grocery store look at the Nutrition Facts Labels of the different kinds of milk to compare the nutrition.

