**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.

**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.

**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.

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**Whole Milk**
- Fat: 8 grams
- Protein: 8 grams
- Calories: 160
- % Daily Value: Calcium 30%, Vitamin D 25%

**2% Milk**
- Fat: 5 grams
- Protein: 8 grams
- Calories: 130
- % Daily Value: Calcium 30%, Vitamin D 25%

**1% Milk**
- Fat: 2.5 grams
- Protein: 8 grams
- Calories: 110
- % Daily Value: Calcium 30%, Vitamin D 25%

**Skim Milk**
- Fat: 0 grams
- Protein: 8 grams
- Calories: 90
- % Daily Value: Calcium 30%, Vitamin D 25%

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

Adapted from Douglas/Sarpy county WIC and the Florida WIC Program
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6/1/2018