

# We're Making the MOOve to Healthier Milk Choices!



Starting on **October 1, 2014**

- ❖ All women and children 2-5 years of age will receive 1% low-fat milk and/or skim milk
- ❖ Children 12-23 months will continue to receive whole milk

## Why?

1% and skim milk are lower in fat in calories but contain the same amount of calcium, vitamins, and protein that 2% and whole milk contain

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## Why?

1% and skim milk are healthier because they:

- Have less fat and calories
- Contain the same amount of calcium, vitamins, and protein as 2% and whole milk

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Whole

2%

1%

Skim

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
<b>Saturated Fat 5g</b>	<b>25%</b>
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
<b>Saturated Fat 3g</b>	<b>15%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Fiber 0g	0%
Sugars 11g	
<b>Protein 9g</b>	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
<b>Saturated Fat 1.5g</b>	<b>8%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 10mg</b>	<b>4%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein 8g</b>	
Vitamin A 10% • Vitamin C 4% • Calcium 30%	
Iron 0% • Vitamin D 25%	

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Cholesterol less than 5mg</b>	<b>1%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
Vitamin A 8% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	





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Some kinds of milk have more than one name. Be sure to know all of the names so that you buy the correct kind when you go to the grocery store.

Whole	2 %	**1%	**Skim
	Reduced-fat	Low-fat	Fat-free
			Non-fat

\*\*WIC Approved

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Be sure to look at the label before making your milk purchase! In the past it was okay to buy milk based on the color of the cap. However, today there are many brands and the colors of their caps vary.



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What if my child won't drink the low-fat or fat-free milk?

Sometimes it can be difficult to transition a child from whole milk to low-fat or fat-free milk. To help them with this change try mixing two milks together. For example, mix  $\frac{1}{2}$  cup of whole milk with  $\frac{1}{2}$  cup of 1% milk. Try this for a week and then try just 1% milk to make the transition easier.

For more information regarding milk visit these websites and search "milk":

- ❖ [Fns.usda.gov](http://Fns.usda.gov)
- ❖ [Midwestdairy.com](http://Midwestdairy.com)
- ❖ [Eatright.org](http://Eatright.org)
- ❖ [Choosemyplate.gov](http://Choosemyplate.gov)