

Drink Low Fat Milk

Low fat (1%) and fat free (skim) milk are healthy choices for you and your family.

All Milk Has:

- ✓ Calcium and vitamin D for strong teeth and bones
- ✓ Protein for muscle growth
- ✓ Calcium, potassium and magnesium for healthy blood pressure



Low fat and Fat free Milk, when compared to Reduced fat (2%) and Whole Milk, have:

- ✓ Same calcium and vitamin D
- ✓ Same protein
- ✓ Same minerals and vitamins
- ✓ Less fat
- ✓ Fewer calories

Treat yourself to a healthy, heart friendly glass of milk

Moving to lower fat milk?

Take your time...

- ✓ **Step 1:** mix whole and reduced fat (2%) for a few days
- ✓ **Step 2:** mix reduced-fat (2%) and low fat (1%) for a few days
- ✓ **Step 3:** stay with low-fat (1%) if you like or try fat free (skim)



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