



Drink Low fat Milk

As of August 1, 2009, Wisconsin WIC will routinely offer women and children over the age of 2 a choice of fat free (skim) or low fat (1%) milk.

Wisconsin WIC Program
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Test Your Milk IQ

True or False: All types of milk contain the same amount of calcium, protein, vitamin D and other nutrients.

True or False: Whole milk has more saturated fat, cholesterol, and calories than low fat milk that leads to heart disease and obesity.

True or False: Low fat milk has all the nutrition that your family needs. (Over the age of 2)

True or False: You can mix 2% with low fat milk to help your family switch.



Look Ahead and Find

- What is *different* and what is the *same* between all types of milk.
- *Why* it is *important* to drink low fat milk.
- Milk *changes* with the new WIC Food package.
- Different ways to *switch* your family to low fat milk.

Why should my family drink low fat milk?

Because...*saturated*

fat and *cholesterol* found in whole and 2% milk can lead to *heart disease*

Because...the *extra*

calories found in whole and 2% milk can lead to *overweight* and *obesity*

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Compare your Milk on Fat, Cholesterol, and Calories per cup (8oz)

www.NutritionData.com

Milk Type	Grams of Fat	Grams of Cholesterol	Calories
Whole	8	25	150
Reduced Fat 2%	5	20	120
Low Fat 1%	2	10	100
Skim, Non fat, Fat Free	0	5	80

Compare your Milk on Calcium, Protein and Vitamin D per cup (8oz)

www.NutritionData.com

Milk Type	Calcium (Percent Daily Value)	Grams of Protein	Vitamin D (Percent Daily Value)
Whole	30%	8	25%
Reduced Fat 2%	30%	8	25%
Low Fat 1%	30%	8	25%
Skim, Non fat, Fat Free	30%	8	25%

What's in your cup of milk?



All types of milk have the same amount of calcium, protein, vitamin D and other nutrients.

The only difference is the amount of fat, cholesterol, and calories.

Low fat milk has all the nutrition that your family needs. (Over the age of 2)

Who should drink whole milk?



Whole milk is recommended for *children ages 1 to 2* for growth and brain development.

As of August 1, 2009, WIC will only provide **whole milk** for children that are between the ages of 1 and 2 years.

How can I get my family to switch to low fat milk?



- ✓ Make the change gradually.
- ✓ Talk to your family about using low fat milk.
- ✓ Do taste tests of low fat and fat free milk at home with your family.
- ✓ Mix low fat milk with whole or reduced fat milk (2%).
- ✓ Start using low fat milk while cooking or preparing foods.
(For example, in oatmeal, soups, puddings, and cereal.)
- ✓ Be creative.



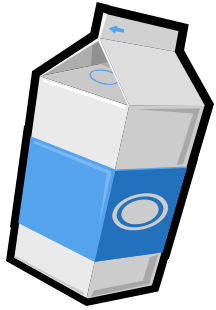
Test Your Milk IQ

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True or False: Whole milk has more saturated fat, cholesterol, and calories than low fat milk.

True or False: Low fat milk has all the nutrition that your family needs. (Over the age of 2)

True or False: You can mix 2% with low fat milk to help your family switch.



All Statements are True!

1. **True!** All milk types are equal when it comes to nutrition. The only difference is the amount of fat.
2. **True!** Whole milk has more saturated fat, cholesterol, and calories than low fat milk which can lead to heart disease and obesity.
3. **True!** Low fat or fat free milk is the best choice for your family's health. (Over the age of 2)
4. **True!** You can mix a higher fat milk with a low fat or fat free milk to help your family make the switch.