

Switch to Low-Fat Milk

Simple things like lowering the fat in your diet help protect you and your family from heart disease, diabetes, or becoming overweight. **Did you know that streaks of fat have appeared in the arteries of children as young as ten years of age?** Fat-clogged arteries may lead to health problems. A lower fat diet may slow this build-up of fat. Switching to low-fat and fat-free milk is an easy step towards a lower fat diet.

At age two, switching to low-fat (1%) and fat-free (skim) milk is recommended. One-year-olds should drink whole milk because they need the fat and calories for brain development.

Low-fat (1%) and fat-free (skim) milk have all the nutrition of whole and reduced-fat (2%) milk with little or no fat. They are not watered down. They taste good.

Tips to Switch

- Ask someone to give you a secret taste-test (with your eyes closed) to see if you like the type of milk and can tell what kind it is.
- Start by using reduced-fat, low-fat, or fat-free milk on cereal.
- Use low-fat (1%) and fat-free milk in recipes calling for milk.
- Think of how this switch may help you.



Low-Fat Milk Is Where It's At

- Ask for low-fat or fat-free milk when you are eating at a restaurant.
- Ask your childcare provider to serve low-fat or fat-free milk (if your child is at least two years of age).
- Find out what kind of milk is provided at your child's school, and encourage low-fat or fat-free.

Did You Know That?

- A cup of whole milk has as much artery-clogging **FAT** as **five** strips of bacon!
- A cup of reduced-fat milk (2%) has as much artery-clogging **FAT** as **three** strips of bacon!
- A cup of fat-free milk has **NO** artery-clogging **FAT**!



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I will switch to low-fat milk or help my family switch to low-fat milk by: _____
