

# switch to skim or 1% milk



Fat-free (skim) and low-fat (1%) milk have all the nutrition that your family needs without the extra fat and calories.

## what's in a cup of milk?

	calories	grams of fat
skim milk	85	0
1% milk	90	2½
2% milk	120	5
whole milk	145	8

## make the change

- If your family is drinking whole or 2% milk, make the first step - drink 1% milk.
- When your family is comfortable with 1% milk, try changing to skim milk.
- You can even mix the different milks to slowly change your family's milk choice.

Adults and children over the age of 2 years can drink skim and 1% milk.

## drink milk at meals

It's an easy way to get enough calcium.

- Drink milk at meals with your children. They learn by watching what you and others enjoy drinking. Drinking milk at meals is a healthy habit for children to learn.
- Do not offer sugary drinks at mealtimes.
- Offer water to drink if your child refuses to drink milk.
- Limit fruit juice to 4-6 ounces each day for children.

## how much milk should we drink?

- Children 2 to 3 years old need 2 cups of milk each day.
- Children 4 to 8 years old need 2½ cups of milk each day.
- Older children, teenagers and adults need 3 cups of milk each day.

Drink milk with your meals or include yogurt.



these foods have the same amount of calcium

as 1 cup of milk:

8 ounces yogurt

- 1 ounce cheddar cheese
- 1 cup fortified soy milk
- 1 cup low-fat milk and yogurt
- 1½ ounces cheddar cheese. They have less fat and fat than cheese.



## enjoy yogurt

- Buy a large container of vanilla fat free or low fat yogurt.
- Add yogurt with fruit: kiwi, kiwis, strawberries, apples, kiwi, apple or mandarin oranges, or apricot slices
- Add frozen raspberries
- Blend 1 cup yogurt and frozen fruit together.

**Read the label -** choose yogurt low in added sugar.

## cottage cheese

- Choose low-fat cottage cheese as a healthy choice.
- Serve with chopped tomatoes, pears, peaches or crushed pineapple.

## omit cheese

- Low-fat or reduced-fat cheese, soups of cheese in dishes, casseroles and sandwiches.
- Use cheese in casseroles, soups, and casseroles with a small amount of cheddar or cheddar cheese.

Butter, cream cheese, sour cream and butter are not good sources of calcium and have very little or no calcium.



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