Carlos AND Clarice
Mooove to Lowfat Milk!

Carlos & Clarice fè Mouvman pou bwè Lèt ki gen Tikras Grès!

This book belongs to:

Liv sa-a sé pou:

Carlos and Clarice Mooove to Lowfat Milk!

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Hi! I am Carlos and this is my mom Clarice. We are cows. Milk comes from cows.

Bonjou! Mwen sé Carlos é sa sé manman-m Clarice. Nou sé bèf, Lèt soti nan bèf.

Can you tell me what a cow says?

Eské-w ka di-m ki sa yon bèf di?

That's right.
A cow says,
"moo."

Sé sa menm. Bèf di "moo."

But not us. Mom and I say,
"Mooove to lowfat milk."

Men pa nou. Manman-m avek mwen nou di "mouvman pou nou bwè lèt ki gen ti kras grès."

Lowfat milk keeps our hearts **healthy**.
Lowfat milk keeps our bones and teeth **strong**.

Lèt ki gen tikras grès kinbé kè nou an santé. Lèt ki gen tikras grès kinbé zo nou ak dan nou di.

We used to get confused when buying milk at the store.

Nou té kon gen ti pwoblèm lè nap achté lèt nan boutik.

But not anymore! Now we look for the lowfat milk in the jug.

It is the jug with a 1 on it.

Men pa konyè a. Konyè a nou chèché lèt ki gen tikras grès nan boutèy. Sé boutèy ki gen 1 sou li-a.

Can you hold up 1 finger? This is a good way to remember the kind of milk to buy.

Eské ou ka lévé 1 dwèt an lè? Sa sé yon bon jan pou-w ka sonjé ki kalité lèt pou-w achté.

Can you point to the lowfat milk jug? Remember, it is the one with a **1** on it.

Eské-w ka lonjé dwèt ou sou boutèy lèt ki gen tikras grès la? Sonjé, sé sa ki gen 1 sou li-a.

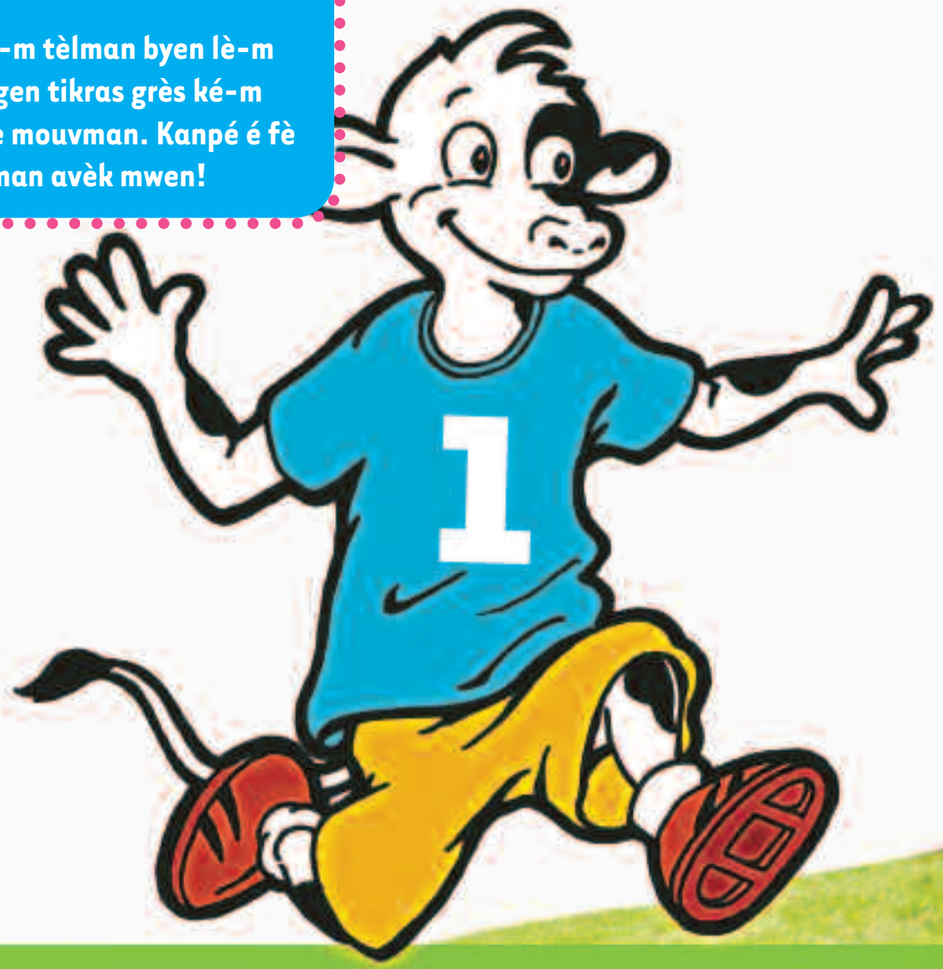
Great job! Say, "Mooove to lowfat milk."

Bon travay! Di "Mouvman pou nou bwè lèt ki gen tikras grès."

I feel so good when I drink lowfat milk that I feel like moving.

Stand up and move with me!

Mwen santi-m tèlman byen lè-m bwè lèt ki gen tikras grès ké-m santi-m ta fè mouvman. Kanpé é fè mouvman avèk mwen!



1

Move to the side.

Avancé sou koté.

2

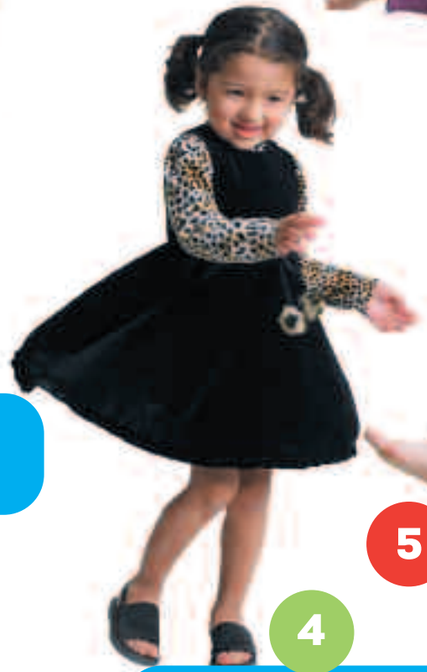
Move to the other side.

Avancé sou lot koté-a.

3

Move forward.

Avancé dévan.



4

Move backward.

Avancé dèyè.

5

Touch your toes.

Touché zòtèy ou.

6

Reach up high.

Lévé men-w anlè nèt.

Let's do it again!

Annou fè sa ankò!

1 Move to the side.
Avancé sou koté.

2 Move to the other side.
Avancé sou lot koté-a.

3 Move forward.
Avancé dévan.

4 Move backward.
Avancé dèyè.

5 Touch your toes.
Touché zòtèy ou.

6 Reach up high.
Lévé men-w anlè nèt.

One more time!

Yon lòt fwa ankò!

1 Move to the side.
Avancé sou koté.

2 Move to the other side.
Avancé sou lot koté-a.

3 Move forward.
Avancé dévan.

4 Move backward.
Avancé dèyè.

5 Touch your toes.
Touché zòtèy ou.

6 Reach up high.
Lévé men-w anlè nèt.

Yes. Mooove to lowfat milk. . .and keep your heart **healthy**. Keep your bones and teeth **strong**.

Wi. Mouvman pou nou bwè lèt ki gen tikras grès. . .é kinbé kè-w an santé. Kinbé zo-w ak dan-w di.

We have to go now, but we have a surprise for you. There are hidden pictures of lowfat milk in this book. See how many you can find. Every time you find one, hold up one finger and say, "Mooove to lowfat milk!"

Fok nou alé konyè-a, men nou gen yon sipriz pou wou. Gen inpé foto lèt ki gen tikras grès ki séré nan liv sa-a. Gadé pou wè konbyen ou ka jwen. Chak fwa-w jwen yon, lévé yon dwèt anlè é di "mouvman pou nou bwè lèt ki gen tikras grès!"

Parent Pages

What kind of milk is best?

- Breast milk is best for baby's first year or longer.
- Give whole milk at 12 months of age.
- Move to 1% lowfat and fat free (skim) milk for adults and children 2 years and older.

Mooove to Lowfat or Fat Free Milk!

An easy way to make the switch from whole milk is to do it gradually. Start by using 2% reduced fat milk. Then, change to 1% lowfat milk, and finally, try fat free milk.

Nutrition Facts for 1 cup milk:

1% Lowfat and Fat Free Milk have the same great taste and the same calcium and vitamins as reduced fat and whole milk, just less fat and fewer calories.

2% milk is NOT low in fat!

How much milk is needed each day?

- Children 1 to 3 years of age need about 2 cups of milk each day.
- Children 4 to 8 years of age need about 2 to 3 cups of milk each day.
- Adults and children 9 years and older need about 3 cups of milk each day.

Can everyone drink milk?

Some people have trouble digesting the sugar (lactose) in milk. This is called "lactose intolerance."

In general, people with lactose intolerance can:

- Drink an 8-ounce glass of milk along with other food. (Do not drink milk on an empty stomach.)
- Eat yogurt or cheese.
- Drink lactose-free or lactose-reduced milk.
- Drink milk or eat milk products after taking lactase enzyme pills or drops.

If you or your children have problems with lactose or are allergic to milk, talk to your doctor or health care provider.

Paj pou paran

Ki kalité lèt ki pi bon?

- Lèt manman pi bon pou ti bébé jiska 1 an ou plis.
- Bayo lèt antyé a 12 mwa.
- Chanjé pou lèt ki gen mwens grès 1% é lèt san grès (skim) pou timoun plis ké 2 zan ak granmoun.

Mouvman pou nou bwè lèt ki gen tikras grès ou lèt san grès!

Yon jan fasil ou ka kité lèt antyé sé si ou fè sa piti pa piti. Kòmansé ak lèt ki gen mwens grès 2%. Épi chanjé pou lèt ki gen tikras grès 1%, é finalman, éséyé lèt san grès.

Réyalité nitrisyon pou 1 tas lèt:

Lèt ki gen tikras grès 1% é lèt san grès gen menm bon gou é menm kalsyum é vitamin ak lèt ki gen mwens grès é lèt antyé, sèlman yo gen mwens grès é mwens kalori.

Lèt 2% PA yon lèt ki gen tikras grès!

Ki kantité lèt moun bézwen chak jou?

- Timoun laj 1 a 3 zan bézwen 2 tas lèt konsa chak jou.
- Timoun laj 4 a 8 an bézwen 2 a 3 tas lèt konsa chak jou.
- Granmoun ak timoun 9 an ou plis bézwen 3 tas lèt konsa chak jou.

Eské tout moun ka bwè lèt?

Anpil moun gen pwoblèm pou dijéré sik (lactose) ki nan lèt la. Sa rélé "lactose intolerance."

An général moun ki gen "lactose intolerance" kapab:

- Bwè yon vè 8-ons lèt ansam ak lòt manjé. (Pa bwè lèt ak vant ou vid.)
- Manjé yogout ou fwomaj.
- Bwè lèt san lactoz ou lèt ki gen mwens laktoz.
- Bwè lèt oubyen pwodui lèt apré-w fin pran gren anzim oubyen gout anzim.

Si ou menm ou pitit ou yo gen pwoblèm laktoz oubyen nou fè alèji ak lèt, palé ak dòktè nou oubyen koté ki ban nou swen lasanté

Where can I get more information?

Ki koté-m ka jwen plis infomasyon?

www.doh.state.fl.us/family/wic/index.html

www.mypyramid.gov

www.nichd.nih.gov/milk/

www.nutrition.gov

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