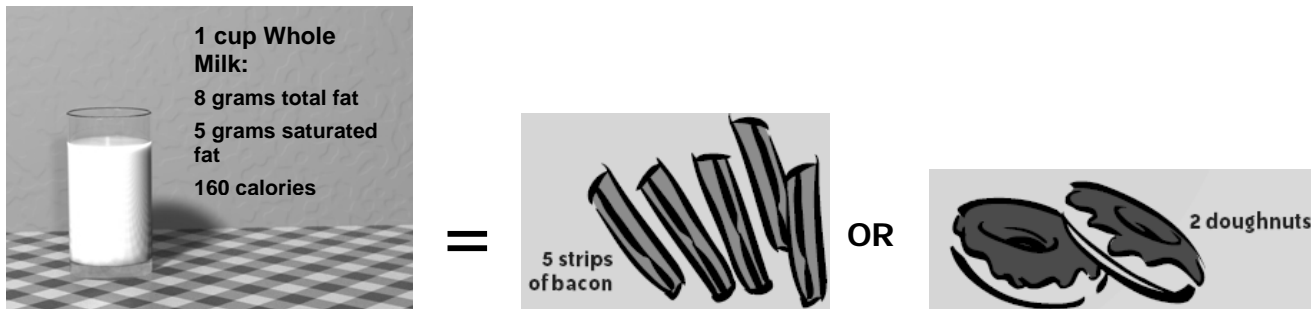


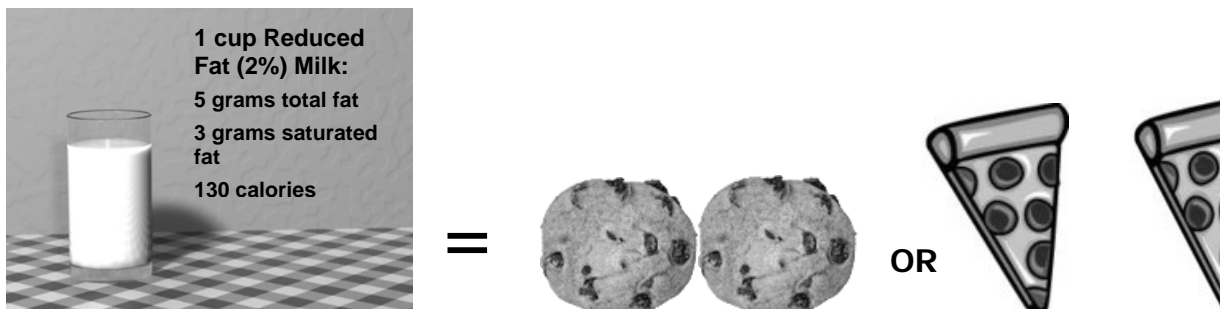
## Reduced fat (2%) milk is NOT lowfat

Okay. So you already know there are healthier milk choices than whole milk. You may have heard that one cup of whole milk has the same amount of saturated fat (the bad fat that clogs arteries) as 5 strips of bacon, 2 doughnuts, or a hotdog! But do you know the scoop on reduced fat (2%) milk? Unless you're drinking lowfat (1%) or fat free (skim) milk, your diet may not be as healthy as you think!



### Did you know?

Reduced fat (2%) milk still contains twice as much saturated fat as lowfat (1%) milk! One cup of reduced fat milk has the same amount of saturated fat as 3 glazed donut holes, 2 chunky chocolate chip cookies, or almost 1 1/2 slices of pepperoni pizza! By switching to lowfat or fat free milk, you keep all of the wonderful nutrition found in milk, but lose the fat and extra calories. And with the high incidence of obesity and related diseases-such as Type 2 diabetes and heart disease-it's important to cut back on the unnecessary fat and calories. That's why lowfat or fat free milk is recommended for healthy children age two and older (and adults too!).



### Why milk?

Milk is a good source of protein, vitamins, and calcium, which help you stay healthy and strong. Calcium not only keeps your bones strong, but it also keeps your teeth and gums healthy. And milk provides calcium in a way that's easy for our bodies to absorb. Since many children and teens don't get the calcium they need from other foods, it's important to drink lowfat or fat free milk everyday!

### Did you know?

If your child is drinking whole or reduced fat (2%) milk, it may be the largest source of saturated fat in their diet. Serving lowfat or fat free milk to children age two and older helps keep hearts healthy and arteries clear.

### Choose the right kind of milk

- ✓ Breastfeeding is best for a baby's first year or longer.
- ✓ For babies who are not breastfed, use iron fortified infant formula until 12 months of age.
- ✓ Serve whole milk to children under the age of two.
- ✓ For adults and children two years and older, choose lowfat or fat free milk.

### Do you have problems digesting milk?

No problem! Lactose-reduced milk and lactose free milk come in lowfat and fat free varieties too!