

Low fat milk is a
healthy choice
for you
and your
family.

All Milk Has:

- ✓ Calcium and vitamin D for strong teeth and bones
- ✓ Protein for muscle growth
- ✓ Calcium, potassium and magnesium for healthy blood pressure



Low Fat Milk Has:

- ✓ Same calcium and vitamin D
- ✓ Same protein
- ✓ Same minerals and vitamins
- ✓ Less fat
- ✓ Fewer calories

Treat yourself to a healthy, heart friendly glass of milk



**Moving to lower fat milk?
*Take your time...***

- ✓ **Step 1:** mix whole and reduced fat (2%) for a few days
- ✓ **Step 2:** mix reduced fat (2%) and low fat (1%) for a few days
- ✓ **Step 3:** stay with low fat (1%) if you like or try fat free

Revised with permission of National Dairy Council

My Milk Goal is:
