



Low-fat
milk

is a

healthy choice

for you and your family.



**Low-fat and Whole Milk
both contain:**

- Calcium
- Protein
- Minerals and vitamins

Low-fat Milk has:

- Less fat
- Fewer calories

All Milk has:

- Calcium and vitamin D to support strong teeth and bones
- Protein which supports muscle maintenance
- Calcium and potassium that support healthy blood pressure¹

Doctors and nutritionists encourage drinking low-fat and fat-free milk.²



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¹DASH Eating Plan at: http://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf
²U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010

Great tasting ways to use **milk** and **cheese**

Start at Breakfast

- Add low-fat milk to whole grain cereal with fresh fruit
- Use low-fat milk in place of water when making oatmeal
- Make scrambled eggs with low-fat milk and top with part-skim mozzarella cheese



*Creamy Banana Walnut Oatmeal**

Snack Smart

- Mix low-fat or fat-free milk or yogurt with fruit in a blender to make a fruit smoothie
- Prepare instant pudding mix with low-fat or fat-free milk and spoon over vanilla wafer cookies and sliced bananas
- Enjoy a cup of steaming hot chocolate — mix fat-free milk with chocolate syrup



*Strawberry Yogurt Smoothie**

Tasty and Nutritious Meals

- Make soups and casseroles more flavorful by adding low-fat milk
- Sprinkle shredded, part-skim mozzarella cheese on top of broccoli, beans, whole grain rice or other family favorites



*Cheesy Broccoli Soup**

*For these and other great tasting milk and cheese recipes, visit www.nationaldairyCouncil.org.

- **Cut calories without losing calcium.**

- *Take your time* —

Step 1

- Switch between whole and 2%

Step 2

- Switch between 2% and 1% (low-fat)

Step 3

- Stick with 1% if you like it, or switch between 1% and fat-free

Lactose Intolerant?

Try low-fat and fat-free lactose-free milk!



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