

# Facts Page

## Let these lowfat milk facts help enhance your lesson.

Milk is an excellent source of protein, calcium and vitamins. Lowfat and fat free milk have the same nutrition as reduced fat and whole milk, just less fat and fewer calories. For healthy children age 2 and older, lowfat or fat free milk is recommended.

1% lowfat and fat free milk:

- are better for your heart
- are healthier because they have less fat
- have the same calcium and vitamins as whole milk

2% milk is not low in fat!

Switching to lowfat or fat free milk can help prevent childhood overweight and obesity and reduce the risk of heart disease and diabetes later in life. An easy way to make the switch from whole milk is to gradually replace it with a lower fat milk. Mix whole milk with fat free milk and gradually change from higher to lowerfat milk. Start by serving reduced fat milk, then serve lowfat milk, and finally try introducing fat free milk.

MyPyramid recommends that adults and kids 9 and older consume three cups of milk or equivalent each day. Children 4 to 8 years need about 2 to 3 cups each day and kids 1 to 3 years need about 2 cups of milk each day.



Each of the following counts as one cup of milk in the Milk Group:

- 1 cup lowfat milk
- 1 cup yogurt
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese

Some people have trouble digesting the sugar (lactose) in milk and this is called lactose intolerance. If this is the case, some people can still tolerate some milk products such as yogurt and cheese, or drinking milk along with other food.

Lowfat or fat free dairy foods include:

- Lowfat (1%) milk or fat free skim milk
- Lowfat flavored milk
- Lowfat or fat free yogurt
- Lowfat, fat free or nonfat cheese

Reduced fat and part skim dairy products are not lowfat.

For a product to be labeled “lowfat,” it must have 3 grams of fat or less per serving. Look on the label for the words: lowfat, light, nonfat, fat free or skim.



\*This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.\*

\*The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.