



## ***Moove to Lowfat or Fat Free Milk***

**Florida Interagency Food and Nutrition Committee**

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### **What's the Skinny on Fat?**

Have you heard, “You are what you eat?” In many ways this is so true. Foods we eat on a regular basis *can* affect our health. When we eat a diet high in fat, it increases our chances of getting heart disease, diabetes, cancer, and stroke. It also makes us more likely to be overweight. So what's a person to do?

### **Moove to Lowfat or Fat Free Milk!**

There's one simple thing you can do to have a healthier diet. When you reach for a carton of milk at the store or at school, choose lowfat (1%) or fat free (skim)



milk.<sup>1</sup> They taste great and have the same great nutrition as higher fat milks, but with less fat! Compare the nutrition labels for four types of milk on the next page.

When you “moove” to lowfat or fat free milk, you decrease fat in your diet. You also decrease **saturated** fat. This is the type of fat that increases your chance of having heart disease.

**Heart disease** kills more men and women in this country than any other disease!

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<sup>1</sup>A person with special dietary needs should consult with his/her health care provider.

The *Dietary Guidelines for Americans* recommends that we keep our intake of saturated fatty acids, trans fatty acids, and cholesterol low. Choosing lowfat or fat free milk is a great way to meet this goal. Also, by “mooving” to lowfat or fat free milk, you will naturally move toward a healthy body weight, another guideline that is critical for good health.

### **What About the Taste?**

Most people can't tell the difference between lowfat and reduced fat (2%) milk, or between 2% and whole milk! In fact, many people who try fat free milk enjoy its light, refreshing taste.

### **Take it Slowly**

If you are used to whole milk, switch to 2% milk first. Then, after a few weeks, moove to lowfat milk. Then you can stay with lowfat milk or decrease your fat intake more by choosing fat free milk.

### **What About Children?**

Children over two years of age should drink lowfat or fat free milk. (Children between 1 and 2 years of age should drink whole milk because they need more fat and cholesterol in their diets.) Young children need two cups of milk or milk products daily, while older children and teens (ages 9 to 18 years) need three cups of milk or milk products daily.

## Compare the Labels

Look at the four nutrition labels. Notice the different amounts of fat in each. Then look at how much protein, calcium, and vitamin D they have. Lowfat and fat free milks are great sources of these nutrients ... without all the fat!

## Mooove for Good Health!

Choose lowfat (1%) or fat free milk for your good health. Encourage your family and friends to *Mooove* for their good health too!

### Fat Free (Skim) Milk

Nutrition Facts	
Serving Size 1 cup	
<b>Amount Per Serving</b>	
<b>Calories 90 Calories from Fat 0</b>	
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
<b>Cholesterol 5mg</b>	1%
<b>Sodium 130mg</b>	5%
<b>Total Carbohydrate 13g</b>	4%
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein 8g</b>	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

### Lowfat (1%) Milk

Nutrition Facts	
Serving Size 1 cup	
<b>Amount Per Serving</b>	
<b>Calories 110 Calories from Fat 20</b>	
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	4%
Saturated Fat 1.5g	8%
<b>Cholesterol 15mg</b>	4%
<b>Sodium 130mg</b>	5%
<b>Total Carbohydrate 13g</b>	4%
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein 8g</b>	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

### Reduced Fat (2%) Milk

Nutrition Facts	
Serving Size 1 cup	
<b>Amount Per Serving</b>	
<b>Calories 130 Calories from Fat 45</b>	
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	8%
Saturated Fat 3g	15%
<b>Cholesterol 20mg</b>	7%
<b>Sodium 125mg</b>	5%
<b>Total Carbohydrate 13g</b>	4%
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein 8g</b>	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

### Whole Milk

Nutrition Facts	
Serving Size 1 cup	
<b>Amount Per Serving</b>	
<b>Calories 160 Calories from Fat 70</b>	
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	12%
Saturated Fat 5g	25%
<b>Cholesterol 35mg</b>	11%
<b>Sodium 125mg</b>	5%
<b>Total Carbohydrate 13g</b>	4%
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein 8g</b>	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

This consumer handout was prepared by Linda B. Bobroff, Ph.D., RD, LD/N, Department of Family, Youth and Community Sciences, University of Florida, Gainesville, 2002, for the Florida Interagency Food and Nutrition Committee's *Mooove to Lowfat or Fat Free Milk* campaign. Updated 2005. May be reproduced for educational purposes. Visit our website at: [www.doh.state.fl.us/family/cv/h/nutrition/milk.html](http://www.doh.state.fl.us/family/cv/h/nutrition/milk.html) ©2002, 2005 University of Florida

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