

Choose Well

Live Well

Low-fat Milk...

A NUTRITIOUS Choice for Your Family



"Parents are a child's first teachers. I drink 1% milk and my husband prefers fat-free milk. The great news is both 1% and fat-free milk have the same nutrients as whole or reduced fat milk but with fewer calories. Our boys enjoy milk with cereal in the morning and at meals."

Lana Mom



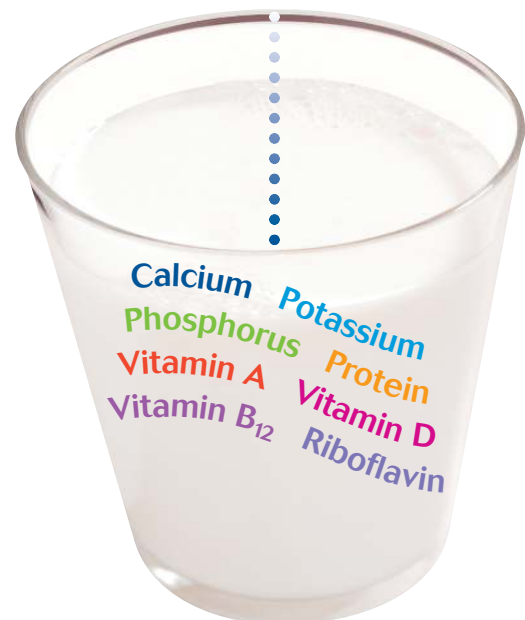
"As a pediatrician, healthy nutrition is the topic most moms want to talk about during their child's wellness visit. I always recommend milk as an important part of their child's diet. Drinking low-fat milk after their child turns 2 years of age will ensure they continue to grow well and stay healthy."

Dr. Mercado Pediatrician and mom

Low-fat Milk...as Nutritious as Whole and Reduced Fat (2%) Milk

Why Make the Change?

- Low-fat milk also provides your children with the calcium, vitamin D and other nutrients that they need to help grow up healthy and have strong bones.
- Low-fat and fat-free milk provide your children with the same vitamins and minerals of whole milk but with less fat and calories.
- Hispanic children are at higher risk for obesity-related conditions. This can result in unnecessary medical expenses and can worsen the quality of life.
- Choosing foods like low-fat or fat-free milk and playing actively several times per day helps keep calories in check and manage weight.



NOW Turn the Page to Learn How to Make the Change



To Make the Change to Low-fat or Fat-free Milk, Dr. Mercado Suggests:

- Mix reduced fat (2%) milk and low-fat (1%) or fat-free milk so that your family can get used to the taste. Start by mixing it half and half and increase the amount of the low-fat milk until it is the milk that your family drinks.
- If you have children, remember to make the change to low-fat milk once they turn 2 years old. This helps them get used to the change and in the long run, it can be better for them.
- Mix low-fat or fat-free milk with fresh fruits such as strawberries, papaya and mango. Add flavorings such as vanilla or cinnamon. You can also use low-fat yogurt as a thickener.
- As part of your relaxing routine at night, add vanilla or other flavorings to warm, low-fat milk.
- For more nutrition, prepare your oatmeal with low-fat milk instead of water.



Give your family the gift of nutritious low-fat milk. **Cheers!**

Enjoy low-fat dairy foods to:

- Strengthen your teeth and your bones.
- Grow healthfully.
- Obtain proteins that help you build muscles and give you energy.
- Help curb hunger with a diet higher in protein.



Create-a-Smoothie *Makes 3-4 oz. servings*

Choose one from each group

Fluid Milk (1/2 cup):

- Unflavored, fat-free or low-fat Flavored fat-free Lactose-free

Yogurt, Low-fat (regular or Greek-style) (1/2 cup):

- Plain Vanilla

Fruit (1/2 cup total): (Use frozen for best consistency)

- Banana Berries Mango

Extras (optional):

- Avocado Oatmeal Cinnamon Cocoa Powder



Instructions:

1. Choose fluid milk, yogurt and fruit options. Add choices to blender.
2. Add optional extras if you choose. Put cover on the blender.
3. Pulse until smooth.
4. Pour into three glasses. Serve cold.

Enjoy!

Recipe adapted from Western Dairy Association and dairy farm families of the Southeast.