



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 pressure<sup>1</sup>

Doctors and nutritionists encourage drinking low-fat and fat-free milk.<sup>2</sup>



NATIONAL DAIRY COUNCIL®

# 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](http://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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