

# Look What I Learned Today!

Dear Parents and Care Givers,

Your child participated in a nutrition class today. We talked about the importance of milk and the different kinds of milk. Children of all ages need three 8-ounce servings of milk every day, but children over the age of two do not need all the fat found in whole milk. In one of our class activities, the children were able to “see” how much fat is in whole, reduced fat (2%), lowfat (1%), and fat free milk. The children also tasted the various milks. Ask your child which one he /she liked!

The entire family can benefit from “mooving” to lowfat (1%) or fat free milk. Diets high in fat are known to increase the risk for many health problems, like heart disease. Read along and make up your mind to try the “moovee.”

## “Moove to Lowfat or Fat Free Milk”

### Did you know that ...

- Lowfat milk and fat free milk have the same amount of calcium and protein found in whole milk?
- By “mooving” from whole to lowfat or fat free milk, you can save between 50-70 calories, 5-8 grams of fat, and 20-30 milligrams of cholesterol in each cup?



“Moovee” to lowfat or fat free milk slowly. If your family is drinking whole milk now, try switching to 2% milk at first. This milk is not lowfat, but it has less fat than whole milk. After a couple of weeks, try switching to 1% or fat free milk.

How can you use lowfat milk in your family’s diet?

- Serve hot and cold cereals with lowfat or fat free milk.
- Prepare muffin, bread, and pancake batters with lowfat or fat free milk.
- Use lowfat or fat free milk to prepare instant pudding and fruit shakes.
- Make creamy soups like potato soup with lowfat milk.

*Ask your child to help you complete this activity.*

Use the words listed below to fill in the blanks. Then see if you can find them in the word search.

WHOLE

My bones need \_\_\_\_\_ to grow.

FAT FREE

My muscles need \_\_\_\_\_ to grow.

FAT

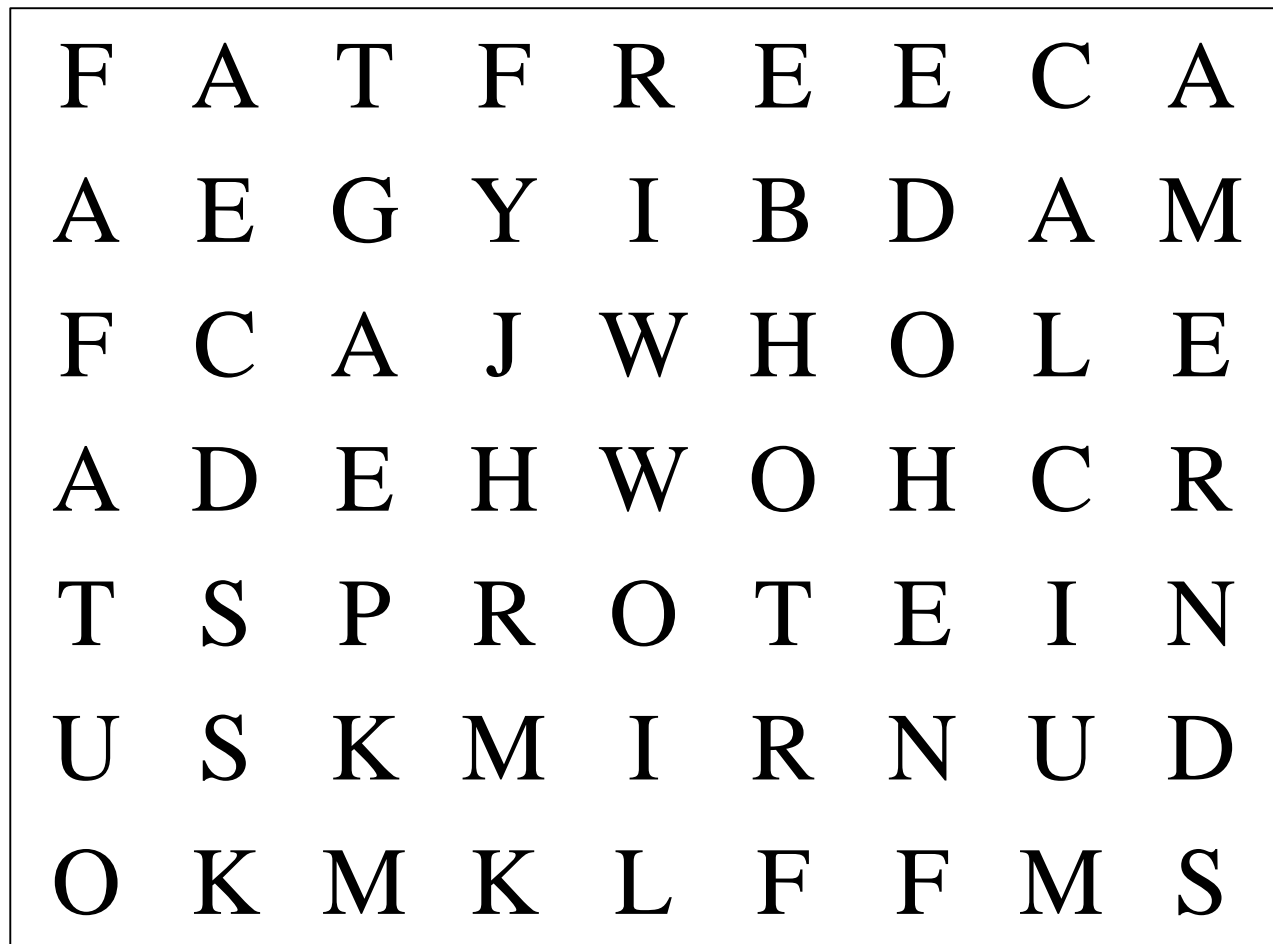
This milk has little or no fat: \_\_\_\_\_.

CALCIUM

This milk has the most fat: \_\_\_\_\_.

PROTEIN

My heart would be healthier if I eat less \_\_\_\_\_.



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