



Mooove to Lowfat or Fat Free Milk Florida Interagency Food and Nutrition Committee

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?

Mooove 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.¹ 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 “mooove” 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!

One of the *Dietary Guidelines for Americans* says, “**Choose a diet that is low in saturated fat and cholesterol and**

moderate in total fat.” Choosing lowfat or fat free milk is a great way to meet this goal. Also, by “moooving” to lowfat or fat free milk, you will naturally “**Aim for a healthy 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, mooove 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 two years of age and older 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 servings of milk or milk products every day, while older children and teens (ages 9 to 18 years) need three servings of milk or milk products every day.

Compare the Labels

Look at the nutrition labels on the next page. Notice the different amounts of fat in

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

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!

Moove for Good Health!

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

Lowfat (1%) Milk

NUTRITION FACTS	
Serving Size 1 cup (236 ml)	
Amount Per Serving	
Calories 110 Calories from Fat 20	
	% Daily Value
Total Fat 2.5 g	4%
Saturated Fat 1.5 g	8%
Cholesterol 15 mg	4%
Sodium 130 mg	5%
Total Carbohydrate 13 g	4%
Dietary Fiber 0 g	0%
Sugars 12 g	
Protein 8 g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Fat Free (Skim) Milk

NUTRITION FACTS	
Serving Size 1 cup (236 ml)	
Amount Per Serving	
Calories 90 Calories from Fat 0	
	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol Less than 5 mg	1%
Sodium 130 mg	5%
Total Carbohydrate 13 g	4%
Dietary Fiber 0 g	0%
Sugars 12 g	
Protein 8 g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Whole Milk

NUTRITION FACTS	
Serving Size 1 cup (236 ml)	
Amount Per Serving	
Calories 160 Calories from Fat 70	
	% Daily Value
Total Fat 8 g	12%
Saturated Fat 5 g	25%
Cholesterol 35 mg	11%
Sodium 125 mg	5%
Total Carbohydrate 13 g	4%
Dietary Fiber 0 g	0%
Sugars 12 g	
Protein 8 g	17%
Vitamin A 6%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Reduced Fat (2%) Milk

NUTRITION FACTS	
Serving Size 1 cup (236 ml)	
Amount Per Serving	
Calories 130 Calories from Fat 45	
	% Daily Value
Total Fat 5 g	8%
Saturated Fat 3 g	15%
Cholesterol 20 mg	7%
Sodium 125 mg	5%
Total Carbohydrate 13 g	4%
Dietary Fiber 0 g	0%
Sugars 12 g	
Protein 8 g	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 *Moove to Lowfat or Fat Free Milk* campaign. May be reproduced for educational purposes. Visit our website at: www.doh.state.fl.us/family/cvh/nutrition/milk.html ©2002, University of Florida