

Healthy Lifestyle Tip Sheet...

1% Milk Healthy & Delicious!



Do you drink 1% Milk?

Drinking milk builds strong bones, teeth, and muscles.





Milk is an excellent source of nutrients.

Which kind of milk is best for you and your family?....1% Milk is a great choice for everyone in your family over 2 years old*

*Children between 1—2 years old need whole milk.

Fruit Smoothie



ENJOY!

1/2 cup 1% milk 1 cup fruit 1/2 banana, peeled & sliced 4 ice cubes, or 1/2 cup frozen orange juice concentrate

California Children's 5 a Day—Power Play! Campaign

- 1. Combine all the ingredients in a blender.
- 2. Blend on high until smooth.
- 3. Makes two servings.

| | 1% Milk | Whole Milk | |
|---------------------------|---------|------------|--|
| 1% has the same Calcium | 30% | 30% | |
| 1% has the same Vitamin D | 25% | 25% | |
| 1% has more Protein | 9 g | 8 <i>g</i> | |
| 1% has less Fat | 2.5 g | 8 <i>g</i> | |
| 1% has fewer Calories | 110 | 160 | |
| | | | |

Percent Daily Values are based on a 2,000 calorie diet.

1% Milk is a great choice for a healthy family!

Source: California Department of Health Services, California Project LEAN, Epidemiology and Health Promotion Section, Contract #00-90989, March 2001

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- Your child's school serves 1% milk because they know it is better for children
- Start slowly try 2% milk for a week to adjust your taste, then make the healthy move to 1% milk for life!
- Use 1% milk in all your recipes calling for milk.
- Add 1% milk to your morning cereal, oatmeal, and smoothies. They will taste great!

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