

# Cut the fat!



## Choose 1% or Less!

### Could your choice in milk affect your health?

Getting enough calcium decreases your risks for:

- ◆ Osteoporosis
- ◆ Colon Cancer
- ◆ Kidney Stones
- ◆ High Blood Pressure

Compare:

1 cup of milk provides approximately 30% of the recommended daily amount of calcium.

<u>1 Cup of Milk</u>	<u>Calories</u>	<u>Fat</u>	<u>Calcium</u>
Fat Free	86	0	302
1%	102	3	300
2%	120	5	297
Whole	150	8	291

The 1% or Less Campaign is a health education program that aims to reduce total and saturated fat intake by encouraging adults and children over the age of 2 to switch from drinking whole or 2% milk to 1% or fat free milk.

## Who Should Drink 1% or Fat Free Milk?

- ♦ All children over the age of 2\*
- ♦ All pregnant and breastfeeding women\*
- ♦ All healthy adults



## Why Drink 1% or Fat Free Milk?

- ♦ It has fewer calories than whole and 2% milk
- ♦ It has less saturated fat°
- ♦ It is an important source of calcium, vitamin A&D, potassium and riboflavin

## How Much Calcium Do You Need Daily?

1-3 years	500 mg
4-8 years	800 mg
9-18 years	1300 mg
19-50 years	1000 mg
51 + years	1200 mg
Pregnant or Nursing	1200 mg

### **Don't like milk? Try these ideas...**

- ⇒ Add low-fat cheese to your sandwich or burger
- ⇒ Whip up instant pudding using 1% or fat free milk
- ⇒ Buy low-fat yogurt for snacking
- ⇒ Top a baked potato or salad with low-fat cheese
- ⇒ Use 1% or fat free milk in cream soups
- ⇒ Use 1% or fat free milk instead of water when making hot chocolate or hot cereals
- ⇒ Eat more dark green vegetables such as broccoli and turnip greens
- ⇒ Add tofu (with calcium) to casseroles
- ⇒ If the recipe calls for milk, choose 1% or fat free
- ⇒ Use 1% or fat free milk in coffee instead of creamer
- ⇒ Mix yogurt with seasonings to have a delicious vegetable dip or sandwich spread



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