

## Other foods with Calcium

- Low-fat cheese
- Low-fat yogurt
- Canned salmon and sardines
- Broccoli
- Kale, collard and turnip greens
- Tofu (with calcium)
- Dried beans
- Almonds



COMMONWEALTH OF KENTUCKY  
DEPARTMENT FOR PUBLIC HEALTH  
275 EAST MAIN STREET, HS2W-D  
FRANKFORT, KY 40621-0001  
6.2 L Rev. 11/15 PAM-ACH-055

This institution is an equal opportunity provider.



# Cut the fat!



© Kentucky Nutrition Services Branch 2007

## Choose 1% or Less

## Dairy Products

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

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

## Why Choose 1% or Fat-Free Milk?

- Fewer calories for a healthier weight
- Less saturated fat for a healthier heart
- More calcium for strong bones, teeth and healthy blood pressure
- Good source of vitamins A and D, potassium and riboflavin

## How Much Calcium Do You Need Daily?

Age	Calcium
1-3 years	700 mg
4-8 years	1000 mg
9-18 years	1300 mg
19-50 years	1000 mg
51 + years	1200 mg
Pregnant or Breastfeeding 14-18 years	1300 mg
Pregnant or Breastfeeding 19-50 years	1000 mg

\* Unless otherwise recommended by your doctor.

## Compare:

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

1 Cup of Milk	Calories	Fat (g)	Calcium (mg)	Vitamin D (% DV)
Fat-Free/Skim	86	0	302	25
Low-Fat 1%	102	3	300	25
Reduced-Fat 2%	120	5	297	25
Whole 3.5%	150	8	291	25

## Make the Switch to 1% or Fat-Free Milk

- New taste takes time, switch gradually to a 1% or fat-free milk.
- Mix 1% or fat-free milk with your usual milk for a few weeks as you are switching.
- In taste tests, 80% of people chose 1% milk as the best tasting milk.\*\*



## Ideas for Using 1% or Fat-Free Milk

- Whip up pudding using 1% or fat-free milk
- Use 1% or fat-free milk instead of water when making hot chocolate or hot cereals
- Use 1% or fat-free milk in recipes that call for milk
- Use 1% or fat-free milk in cream soups

\*\* Milk taste tests were completed with over 5,000 people across Kentucky.