

# Mooove to low-fat or fat-free milk

...same great nutrition  
with less fat!

For healthy children and families



Adapted with permission from Florida's Mooove to Lowfat Milk Campaign, 2002  
North Carolina Department of Health and Human Services  
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## Did you know?

Milk is a good source of protein, calcium and vitamin D. Choosing the right kind of milk can help prevent children from becoming overweight or obese.



- **For most healthy children and families, low-fat (1%) or fat-free (skim) milk is recommended.**

## Did you know?

Overweight children are more likely to have health problems. They are also more likely to become adults who are overweight or obese. These adults are at a higher risk of getting heart disease and diabetes. In fact, obese children can also develop the same diseases.

## Did you know?

Everyone can benefit from a healthy lifestyle. This is true for all children and adults—not just the overweight child or adult. A healthy lifestyle means eating smart and moving more. One smart choice is lower fat milk. It has the same calcium, the same vitamin D, and the same protein as whole milk. But, it is lower in fat and calories.

## Did you know?

Families can slowly move to lower fat milk. One simple way to do this is to start with low-fat (1%) milk. Then, try moving to fat-free (skim) milk.

### Family Goals

- My family and I will try 1% milk.
- My family and I will try skim milk.