

Lower Fat Milk Lesson Plan

Objective:	Move from whole milk to lower fat milk
Description:	Educate families about how to move to lower fat milk
Target:	Healthy women and children
Handout:	“Mooove to low-fat or fat-free milk” (DHHS # 1441)
Materials:	Laminated card illustrating four fat tubes/milk labels

Introduce the lesson by saying:

Today while you're picking up your WIC food instruments, let's talk a little bit about milk. All milk has calcium, vitamin D and protein. Lower fat milk has the same amounts of vitamin D, calcium, and protein, but lower amounts of fat and calories than whole milk. WIC wants to help families move to lower fat milk.

Ask the parent:

What are some ways that your family could switch to lower fat milk?

Parent/client answers may include:

- Change slowly - go from whole to 2% to 1% to skim.
- Switch quickly - don't tell anyone, and just buy 1% or skim milk.
- Try low-fat chocolate milk (or other flavored milks).
- Use lower fat milk over cereal, in smoothies or in cooking.
- Pour lower fat milk into a pitcher so children don't see milk jug.
- Put a red cap/top from a whole milk jug onto a jug of lower fat milk so children don't notice anything different about the container.

Some possible Staff responses to these answers:

- That is a good/great idea.
- Adding a small amount of chocolate to lower fat milk is a good idea; just remember that you can't get chocolate milk with your WIC food instruments.
- It sounds like you're not sure. [Then suggest an answer from above. The first answer should be used if the child is less than 2 years. The second answer can be used for a woman or child over 2 years.]

Activity:

Hand the parent the card showing the four fat tubes. Tell the parent: These tubes show the difference between whole 2%, 1%, and skim milk. All four milks have the same amount of vitamin D, protein, and calcium. The only difference is the amount of fat and calories. Can you pick out the 1% milk? Can you pick out the whole milk? Can you pick out the skim milk?

Optional: turn the card over and have the parent/client point out what is the same/different about the labels.

Close the lesson by saying:

The WIC Office is encouraging your family to move to lower fat milk, for the same great nutrition with less fat! Try 1% or less.

Background Information

Low-fat or fat-free milk and dairy products are among the best sources of a mineral called calcium. Milk and dairy products also have other important nutrients, such as protein, vitamins A and D, potassium and magnesium. Milk provides calcium in a way that is easy for most people's bodies to absorb. Each eight-ounce glass of fat-free, low-fat, or even chocolate milk has about 300 mg of calcium. Making milk the standard drink with meals throughout childhood and adolescence is a great way to help get enough calcium.

Calcium is needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must come from food. Calcium is most important during the childhood and teen years when it can have the most impact on growing bones. Even though calcium is very important, studies show that most children and teens are not getting enough of it in their diets. Getting too little calcium may lead to health problems later in life, such as osteoporosis and fragile bones. Calcium-rich foods include:

- Dairy products—low-fat or non-fat milk, cheese, and yogurt
- Dark green leafy vegetables—spinach, collards, turnip greens, and broccoli
- Calcium fortified foods—orange juice, cereal, bread, and soy products
- Nuts—almonds
- Canned fish with bones—salmon and sardines

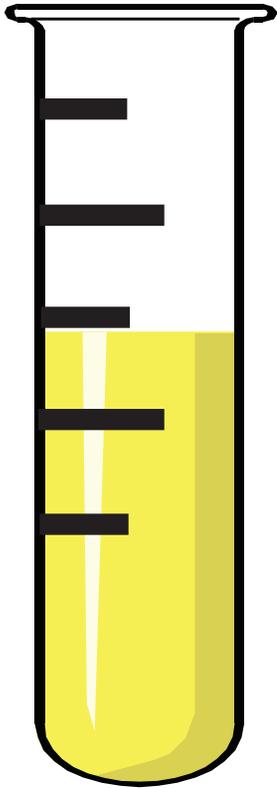
Whole milk and reduced-fat (2%) milk are high in saturated fat. Low-fat (1%) and fat-free milk and dairy products have little or no fat. That means it's easy for children and teens to get enough calcium without adding extra fat to their diets. Babies under one year old should drink only breast milk or iron-fortified formula. But for children over one, just two eight-ounce glasses of milk can go a long way toward giving them the calcium they need each day. Drinking more than two glasses a day can reduce children's appetites for other healthy foods.

Flavored milks can play a role in changing negative trends in children's beverage consumption. Flavored milks offer a well-accepted, nutritious alternative in the wide array of beverages available to children. A recent study showed that:

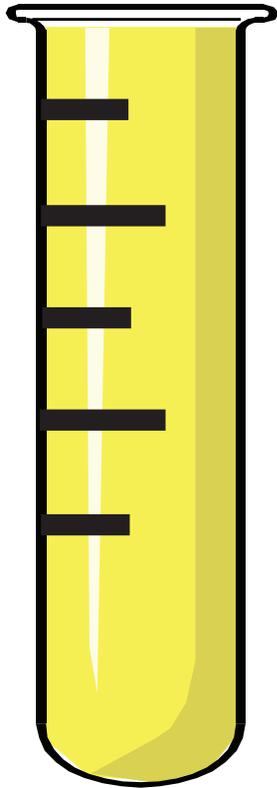
- Children who drank flavored milk drank more milk.
- Children who drank flavored milk had a lower soft drink intake.
- Children who drank flavored milk had higher calcium intakes.
- Children who drank flavored milk did NOT have increased sugar intake.

See also **Nibbles for Health (#7): For Growing Bones...Which Milk?**

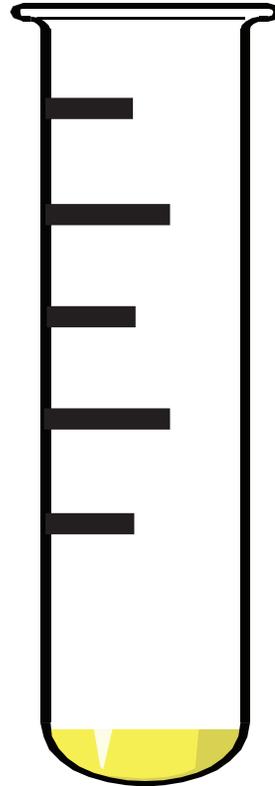
Which milk is which?



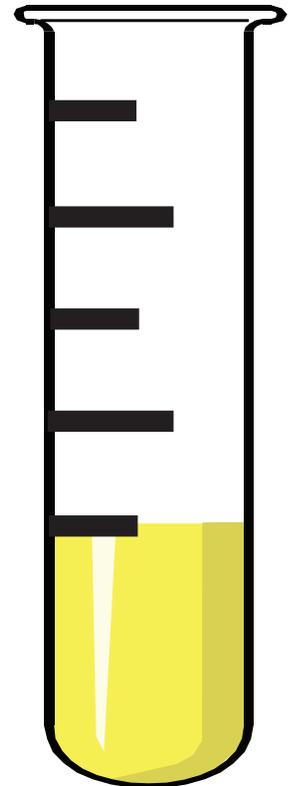
A



B



C



D

Whole Milk		
Nutrition Facts		
Serving Size 1 cup		
Amount per Serving		
Calories 150	Calories from Fat 72	
Amount/Serving	% DV*	
Total Fat	8g	12%
Saturated Fat	5g	25%
Cholesterol	35mg	11%
Total Carb	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Calcium		30%
Vitamin D		25%

*% Daily Values (DV) based on a 2,000 calorie diet.

Reduced-Fat (2%) Milk		
Nutrition Facts		
Serving Size 1 cup		
Amount per Serving		
Calories 120	Calories from Fat 40	
Amount/Serving	% DV*	
Total Fat	4.5g	7%
Saturated Fat	3g	15%
Cholesterol	20mg	6%
Total Carb	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Calcium		30%
Vitamin D		25%

*% Daily Values (DV) based on a 2,000 calorie diet.

Low-Fat (1%) Milk		
Nutrition Facts		
Serving Size 1 cup		
Amount per Serving		
Calories 100	Calories from Fat 20	
Amount/Serving	% DV*	
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Cholesterol	12mg	4%
Total Carb	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Calcium		30%
Vitamin D		25%

*% Daily Values (DV) based on a 2,000 calorie diet.

Fat-Free (Skim) Milk		
Nutrition Facts		
Serving Size 1 cup		
Amount per Serving		
Calories 80	Calories from Fat 0	
Amount/Serving	% DV*	
Total Fat	<0.5g	0%
Saturated Fat	0g	0%
Cholesterol	<5mg	1%
Total Carb	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Calcium		30%
Vitamin D		25%

*% Daily Values (DV) based on a 2,000 calorie diet.

Answers for the front side: A = 2% milk, B = whole milk, C = skim milk, D = 1% milk