

Low-fat and Whole Milk both contain:

- Calcium
- Protein
- Minerals and vitamins

Low-fat Milk has:

- Less fat
- Fewer calories

All Milk has:

- Calcium and vitamin D to support strong teeth and bones
- Protein which supports muscle maintenance
- Calcium and potassium that support healthy blood pressure¹

Doctors and nutritionists encourage drinking low-fat and fat-free milk?



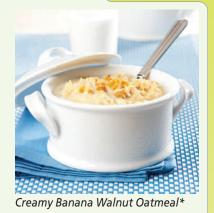
NATIONAL DAIRY COUNCIL

¹DASH Eating Plan at http://www.nhlbi.nih.gov/files/docs/public/hear/vhbp_low.pdf ²U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010

Great tasting ways to use milk and

Start at Breakfast

- Add low-fat milk to whole grain cereal with fresh fruit
- Use low-fat milk in place of water when making oatmeal
- Make scrambled eggs with low-fat milk and top with part-skim mozzarella cheese



- Cut calories without losing calcium.
- Take your time —
- Step
- Switch between whole and 2%
- Step
- Switch between 2% and 1% (low-fat)



Stick with 1% if you like it, or switch between 1% and fat-free

Snack Smart

- Mix low-fat or fat-free milk or yogurt with fruit in a blender to make a fruit smoothie
- Prepare instant pudding mix with low-fat or fat-free milk and spoon over vanilla wafer cookies and sliced bananas
- Enjoy a cup of steaming hot chocolate — mix fat-free milk with chocolate syrup



Strawberry Yogurt Smoothie*

Tasty and Nutritious Meals

- Make soups and casseroles more flavorful by adding low-fat milk
- Sprinkle shredded, part-skim mozzarella cheese on top of broccoli, beans, whole grain rice or other family favorites



Cheesy Broccoli Soup*

*For these and other great tasting milk and cheese recipes, visit **www.nationaldairycouncil.org**.















Try Ir ar Try low-fat

and fat-free lactose-free milk!