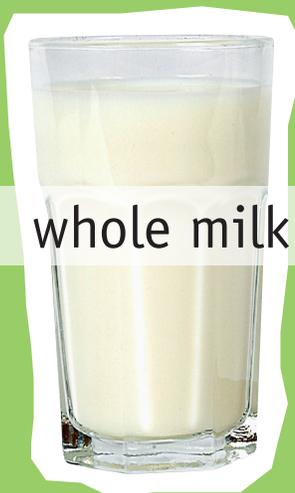


Low fat milk is a **healthy choice** for you and your family.



low fat milk



whole milk

### Low fat milk has:

- ✓ Same calcium
- ✓ Same protein
- ✓ Same minerals and vitamins
- ✓ Less fat
- ✓ Fewer calories

### All Milk Has:

- Calcium and vitamin D for strong teeth and bones
- Protein for muscle growth
- Calcium, potassium and magnesium for healthy blood pressure

Doctors and nutritionists encourage drinking low fat and fat free milk.



# Great Tasting Ways to Use Milk and Cheese

## Start at Breakfast



*Creamy Banana Walnut Oatmeal \**

- 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 mozzarella cheese

## Snack Smart



*Perfect Fruit Smoothie \**

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

## Healthier Meals



*Cheesy Broccoli Soup\**

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



## Moving to lower fat milk?

*Take your time—*

- Step one:** switch between whole and 2%
- Step two:** Stick with 2% if you like it, or switch between 2% and 1%
- Step three:** Stick with 1% if you like it, or switch between 1% and fat free



\*For these and other great tasting milk and cheese recipes, visit [www.3aday.org](http://www.3aday.org).

**Sensitive to lactose?**  
Try low fat and fat free lactose free milk!



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