



Choose Low-fat or Fat-free Milk

- ★ Low-fat and fat-free milk are the healthiest choices for everyone over the age of 2 years.
- ★ Low-fat and fat-free milk provide key nutrients and little or no fat or saturated fat.
- ★ In taste tests, most people cannot taste the difference between 2% milk, 1% milk and skim milk... so why not switch to a lower-fat version?

Milk Comparison (1 cup serving)	Whole Milk	Reduced Fat Milk (2% Milk)	Low-fat Milk (1% Milk)	Fat-free Milk (Skim Milk)
Calories	150	120	100	85
Total Fat (gm.)	8	5	2.5	0
Saturated Fat (gm.)	4.5	3	1.5	0
Protein (gm.)	8	8	8	8
Calcium (mg.)	276	285	290	306
Vitamin D (I.U.)	100	100	100	100

Source: USDA National Nutrient Database, Release 18

