

# moove to lowfat or fat free milk!

contact our WIC nutritionists

(859) 288-2483

Milk is a **good source** of protein, calcium, and vitamins.

Milk is **important** for adults, teenagers and children.

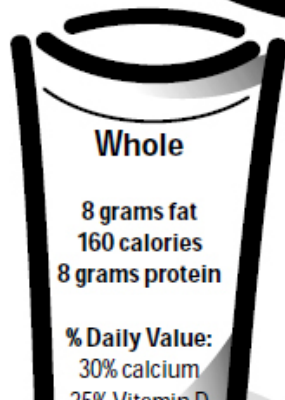
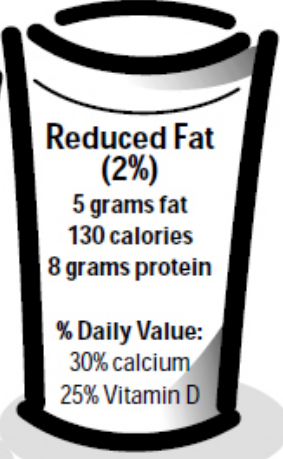
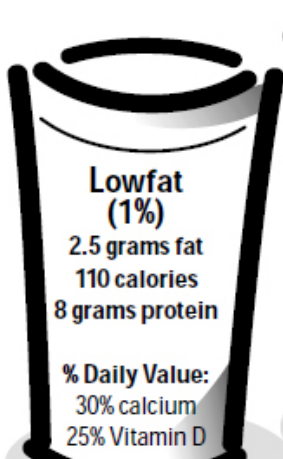
Choosing the right type of milk is important for you and your family:

- Breastfeeding is best for baby's first year or longer.
- For babies who are not breastfed, use iron fortified infant formula until 12 months of age.
- Use whole milk for children under the age of two.
- For adults and children two years and older, lowfat (also called 1%) and fat free milk (also called skim) are best!!

Lowfat and fat free milk have the same great nutrition as reduced fat and whole milk, just less fat and fewer calories.



## Nutrition facts for 1 cup of milk:



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Information adapted for use from Florida WIC, Florida Department of Health

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