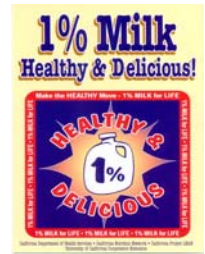
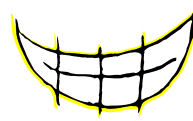


1% Milk Healthy & Delicious!



Do you drink 1% Milk?

- Drinking milk builds strong bones, teeth, and muscles.



- Milk is an excellent source of nutrients.
- Which kind of milk is **best** for you and your family?...1% Milk is a great choice for everyone in your family over 2 years old*

*Children between 1–2 years old need whole milk.

♥ Your child's school serves 1% milk because they know it is better for children!

♥ Start slowly—try 2% milk for a week to adjust your taste, then make the healthy move to 1% milk for life!

♥ Use 1% milk in all your recipes calling for milk.

♥ Add 1% milk to your morning cereal, oatmeal, and smoothies. They will taste great!

Fruit Smoothie



ENJOY!

- 1/2 cup 1% milk
- 1 cup fruit
- 1/2 banana, peeled & sliced
- 4 ice cubes, or
- 1/2 cup frozen orange juice concentrate

1. Combine all the ingredients in a blender.
2. Blend on high until smooth.
3. Makes two servings.

California Children's 5 a Day—Power Play! Campaign

	1% Milk	Whole Milk
1% has the same Calcium	30%	30%
1% has the same Vitamin D	25%	25%
1% has more Protein	9 g	8 g
1% has less Fat	2.5 g	8 g
1% has fewer Calories	110	160

Percent Daily Values are based on a 2,000 calorie diet.

1% Milk is a great choice for a healthy family!

Source: California Department of Health Services, California Project LEAN, Epidemiology and Health Promotion Section, Contract #00-90989, March 2001