

For Growing Bones... Which Milk?

Why Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



Whole Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 70
%Daily Value*	
Total Fat 8g	13 %
Saturated Fat 5g	25 %
Cholesterol 35mg	11 %
Sodium 120mg	5 %
Total Carbohydrate 11g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 8g	
Vitamin A 6%	+ Vitamin C 4%
Calcium 30%	+ Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

2% Reduced Fat Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 3g	15 %
Cholesterol 20mg	6 %
Sodium 120mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
Vitamin A 10%	+ Vitamin C 4%
Calcium 30%	+ Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

1% Low-fat Milk

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
Cholesterol 10mg	3 %
Sodium 125mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
Vitamin A 10%	+ Vitamin C 4%
Calcium 30%	+ Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Which milk would you buy? What's different? What's the same?

Nutrition Facts on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

Provided by _____

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Which Milk for Your Child?

Starting at age two, children can drink low-fat milk. It's a good habit for your whole family to learn. Drinking low-fat milk is one way to get less fat, especially saturated fat. That's healthy!

If you have a child under two years, offer whole milk after breast milk or formula. Babies and toddlers need the fat from whole milk to grow properly.

Try this:

Drink milk to protect your bones – and your child will do what you do. The secret to success is having milk in your refrigerator. Have enough for you and your child, too.

Change slowly to low-fat milk:

- Switch first from whole to 2% milk. When your child gets used to the flavor, try low-fat milk.
- Try chocolate low-fat milk. The flavor is about the same as in higher fat chocolate milk.
- Offer low-fat milk on cereal and in smoothies. Your child probably won't notice.

