

## For Growing Bones... Which Milk?

### Why Milk?

Check the Nutrition 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

### 2% Reduced Fat Milk

### 1% Low-fat Milk

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

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

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 25
%Daily Value*	
<b>Total Fat</b> 2.5g	4 %
Saturated Fat 1.5g	8 %
<b>Cholesterol</b> 10mg	3 %
<b>Sodium</b> 125mg	5 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 4%
<b>Calcium</b> 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 tell us several important things:

1. The amount of bone-building calcium is the same in all 3 examples.
2. The 2% and 1% milk not only have less fat and calories, but also have less cholesterol. Less is good!

### Change slowly to low-fat milk:

Switch first from whole to 2% milk. When your child gets used to the flavor, try 1% low-fat or skim milk.