

# moove to low-fat or fat-free milk!

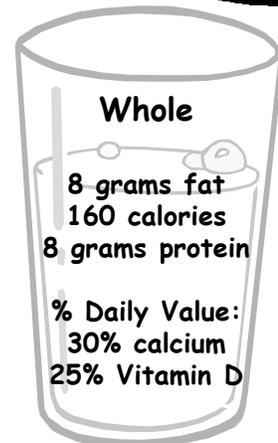
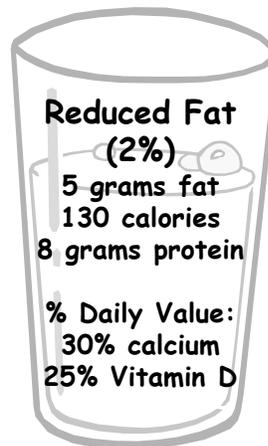
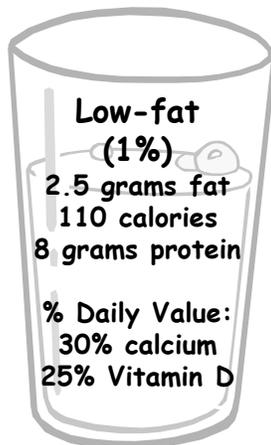
Milk is a **good source** of protein, calcium, and vitamins.

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, low-fat (also called 1%) and fat-free milk (also called skim) are best!!

**Nutrition facts for 1 cup of milk:**



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



**Help your family improve their health.** Make the moove to low-fat or fat-free milk because it tastes great, it cuts fat and calories quickly and easily from your family's diet, and it helps reduce your family's risk of heart disease. An easy way to make the switch from whole milk is to do it gradually. Start by using reduced fat (2%) milk. Then, change to low-fat (1%) milk and, finally, try fat-free (skim) milk. Encourage your family to drink low-fat or fat-free milk instead of beverages such as sodas, sports drinks, or fruit drinks!

# recipes!

## Corn Chowder

- 2 potatoes, peeled and cubed
- 1 cup frozen corn or frozen mixed vegetables
- 2 cups low-fat or fat-free milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup cooked extra lean ham, diced

Cook potatoes in a small amount of water until tender. Drain water. Combine potatoes, corn, milk, salt, pepper and ham in a saucepan. Heat until hot, but do not boil. Serves 5

Nutrient content per serving:	Calories	Total Fat	Saturated Fat	Cholesterol
Using this recipe	146	1.8 grams	0.6 grams	14 mg
Using whole milk & high fat ham	190	6.8 grams	3.2 grams	30 mg

## Smoothie

- 2 cups low-fat or fat-free milk
- 1 small can (6 oz) frozen orange juice concentrate
- 1 cup (8 oz) nonfat strawberry/banana yogurt
- 2 tablespoons powdered sugar
- 4-6 ice cubes

In blender, combine milk, orange juice, powdered sugar and yogurt. Blend until smooth. Add ice cubes, one at a time. Blend after each. Blend until smooth and frothy. Serve immediately. Serves 4

Nutrient content per serving:	Calories	Total Fat	Saturated Fat	Cholesterol
Using this recipe	187	1 gram	0.6 grams	5 mg
Using whole milk	223	5.2 grams	3.2 grams	20 mg

## Baked Macaroni and Cheese

- 8 ounces uncooked elbow macaroni
- 2 tablespoons reduced-calorie stick margarine
- 1/4 cup flour
- 3/4 teaspoon dry mustard
- 1/4 teaspoon ground pepper
- 2 cups fat-free or low-fat milk
- 1 1/2 cups (6 oz) shredded reduced fat sharp Cheddar cheese

Cook macaroni according to package directions without the salt and fat. Drain. Set aside. Melt margarine in a large, heavy saucepan over low heat. Add flour, dry mustard and pepper to melted margarine and mix thoroughly. Add milk. Cook, stirring constantly with a wire whisk until thickened (1 minute or more). Add cheese, stirring until cheese melts. Stir in cooked macaroni. Spoon mixture into a greased 2-quart casserole dish. Cover and bake at 350 degrees for 30 minutes or microwave on high for 5 minutes. Let stand, covered, 5 minutes before serving. Serves 5

Nutrient content per serving:	Calories	Total Fat	Saturated Fat	Cholesterol
Using this recipe	354	10.4 grams	5.4 grams	26 mg
Using whole milk & regular cheese	432	20 grams	10.3 grams	50 mg



Adapted from Florida Department of Health by  
 State of North Carolina • Michael F. Easley, Governor  
 Department of Health and Human Services • Carmen Hooker Odom, Sec.  
 Division of Public Health • Nutrition Services Branch

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