

STATION: Why Moove to Low-fat milk?

Use the information at the Station to answer these questions.

Which type of fat contributes to heart disease and strokes? _____

Fun fact: Switching from whole milk to low-fat (1%) or fat-free milk could save me up to _____ pounds a year!

Eight ounces (1 cup) of whole milk has the same amount of saturated fat as which of these foods? (Circle all correct answers.)



Passport

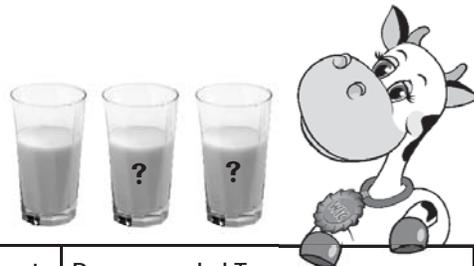
MOOOVE
to LOW-FAT
Milk!





STATION: Milk – Why and How Much?

Use the information at the Station to fill in the chart:



Family Member (Name)	Age	Recommended Amount of Milk Per Day (circle one)	Recommended Type of Milk (circle one)
		1½-2 cups 2 cups 3 cups	Fat-free Low-fat Reduced fat Whole
		1½-2 cups 2 cups 3 cups	Fat-free Low-fat Reduced fat Whole
		1½-2 cups 2 cups 3 cups	Fat-free Low-fat Reduced fat Whole
		1½-2 cups 2 cups 3 cups	Fat-free Low-fat Reduced fat Whole
		1½-2 cups 2 cups 3 cups	Fat-free Low-fat Reduced fat Whole

“Breast is best for infants.”

Are you lactose intolerant?

Does milk make you bloated or give you gas?

These foods that have about the same amount of calcium as one cup of milk?

- ✓ 1 cup of calcium-fortified soy milk
- ✓ 1 cup calcium-fortified orange juice
- ✓ 1 cup of cooked spinach, collard greens or turnip greens
- ✓ 3 cups of cooked broccoli
- ✓ 3 cups of pinto beans
- ✓ 5 ounces of canned salmon with bones
- ✓ 1½ ounces of regular tofu (made with calcium sulfate)
- ✓ 3 cups calcium-fortified cereal
- ✓ ¾ cup nonfat yogurt
- ✓ 2 slices of cheese (1½ ounces)

STATION: Shopping for Milk



Use the *Nutrition Fact* labels at the Station to answer these questions.

<p>1. Which milk has the most Calcium and Vitamin D?</p> <p>Circle your answer</p> <ul style="list-style-type: none"> ▪ Milk A ▪ Milk B ▪ Milk C ▪ Milk D ▪ They all have the same amount 	<p>2. Which milk has the lowest amount of Total Fat?</p> <p>Circle your answer</p> <ul style="list-style-type: none"> ▪ Milk A ▪ Milk B ▪ Milk C ▪ Milk D ▪ They all have the same amount 	<p>3. Which milk has the lowest amount of Saturated Fat and Cholesterol?</p> <p>Circle your answer</p> <ul style="list-style-type: none"> ▪ Milk A ▪ Milk B ▪ Milk C ▪ Milk D ▪ They all have the same amount
<p>4. Using your answers to Questions 1, 2, and 3, which milk is the best choice?</p> <p>Circle your answer</p> <p style="text-align: center;">Milk A Milk B Milk C Milk D</p> <p>At the end of class we will reveal what type of milk A, B, C, and D are.</p>		



Set an example for your family:

- Drink low-fat milk (1%) or fat-free (skim) yourself!
- If your family needs help making the switch, do it gradually.
 - First mix whole milk with low-fat milk (1%)
 - Over a week or two, slowly mix more low-fat milk (1%) with less whole milk.
 - Now that you have made the move to low-fat milk, keep going.
 - Mix low-fat milk (1%) with fat-free milk.