



Why Moove to Low-fat Milk?

Adults and children 2 years and older do not need the extra fat and calories from reduced fat (2%) or whole milk. The fat and calories can lead to an unhealthy weight gain and other health problems.

Whole and 2% milk are leading sources of saturated fat.



- ♥ Too much **saturated fat** can increase blood cholesterol which can build up and **clog your arteries**.
- ♥ Arteries are the blood vessels that carry blood away from the heart. When arteries get clogged and blood can't flow through them it can cause a **heart attack or stroke**.
- ♥ Fat-free milk has 0g of saturated fat. Why not make the switch?

Why switch to low-fat or fat-free milk?

Switch from whole milk to fat-free (skim) milk.

If you drink 3 cups of fat-free milk each day instead of whole milk, you SAVE:

- 1,470 calories each week
- 76,440 calories in one year
- 76,440 calories is equal to **21 pounds** of body fat

To burn off those extra calories, you would have to walk over 750 miles — that's 29 marathons!

Switch from whole milk to low-fat (1%) milk.

If you drink 3 cups of low-fat (1%) milk each day instead of whole milk, you SAVE:

- 1050 calories each week
- 54,600 calories in one year
- 54,600 is equal to **16 pounds** of body fat

To burn off those extra calories, you would have to walk over 540 miles!

Where's the Fat?

Eight ounces (1 cup) of whole milk contains the same amount of saturated fat as each of these foods!

