

# Nutrition Newsletter

Cayuga County Health & Human Services WIC Program Spring 2005

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## Why 1% Milk Or Less?

- A cup of whole milk has as much artery-clogging saturated fat as a snickers candy bar, 5 strips of bacon, or a fast-food hamburger?
- Fat-free milk has 40% fewer calories than whole milk?
- 2% milk is not really “low fat?” One cup has as much heart-unhealthy fat as 3 strips of bacon.

All milks are terrific sources of vitamins and minerals to build strong bones. But in whole and 2% milk those vitamins come with a big dose of artery clogging saturated fat. Heart disease may not show up until you're older, but it starts in childhood. Fat free (skim) and 1% milk have all the good nutrition of whole milk – without all the fat.

Switching from whole or 2% to 1% or fat free milk is an important and easy step toward protecting your health. Drink milk with your meals or use it on your cereal like you always have – just make it 1% or less. Your taste buds won't notice the difference, but your heart and arteries will.

Starting at age two, children can drink 1% or skim 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.

Americans are falling short on their dairy food consumption. Choosing low fat or fat free dairy products helps control your overall fat intake, while still providing nutrients.

## Milk Makes Your Bones Healthy

Milk is the perfect drink for your bones because it is full of calcium and vitamin D. Vitamin D helps your body to make the most of the calcium you give it. Your body needs calcium for strong bones and teeth, and healthy gums. Calcium helps you win the race, stand up straight and even chew your food.

## Milk recommendations:

Age	Daily Milk Servings
1-3 yrs.	4 / 4 oz. (16 oz.)
4-5 yrs.	4 / 6 oz. (24 oz.)
Women (Pregnant, Post Partum or Breastfeeding)	4 / 8 oz. (32 oz.)

## **Calcium – the Key to Quick Weight Loss**

Calcium is not only good for your bones but can help you maintain a healthy, low fat diet too. There has been increased media coverage about numerous studies showing that a diet rich in calcium helps reduce body fat.

Calcium is a fat burner. High calcium diets seem to favor burning fat rather than storing fat. Study after study has shown that the people with the highest calcium intake overall weighed the least and the people with the lowest calcium intake had the highest percentage of body fat.

Consumption of calcium rich dairy foods can actually help to reduce and prevent obesity.

There is clinching evidence that calcium in low fat dairy products can help adjust your body's fat burning machinery and help keep your weigh under control

### **Test Your Knowledge   True or False**

Taking fat out of whole milk makes 1%, 2% and fat free milk.                      T or F

Fat free (skim), 1% and 2% Milks have the same amount of calcium, protein and other important nutrients as whole milk.                      T or F

It is generally recommended that all persons over age two consume 1% or skim milk and low fat dairy products.                      T or F