

WIC

For adults and children 2 years & older

moove to
lowfat (1%) or
fat free (skim)
milk

Whole milk has the same amount of
saturated fat as ...



Lowfat (1%)
or
Fat Free (skim) milk:

- has the same nutrients as whole and reduced fat (2%) milk, just less fat
- helps reduce your risk of heart disease
- is an important source of protein, calcium, vitamin A, vitamin B₁₂, potassium, and riboflavin

Nutrition facts for 1 cup of milk:

