



...mooove to lowfat or fat free milk

Amount of fat in
1 cup of milk:

Whole: **8 grams**

2% Reduced Fat: **5 grams**

1% Lowfat: **2½ grams**

Fat Free: **0 grams**

 = 1 gram of fat

Same great nutrition with less fat!

For adults and children 2 years and older.

This message is brought to you by the Florida Interagency Food and Nutrition Committee which includes the following agencies:

Florida Department of Children & Families
Florida Department of Education
Florida Department of Elder Affairs

Florida Department of Health
University of Florida IFAS Extension
Suwanee River Area Health Education Center

These institutions are equal opportunity providers.