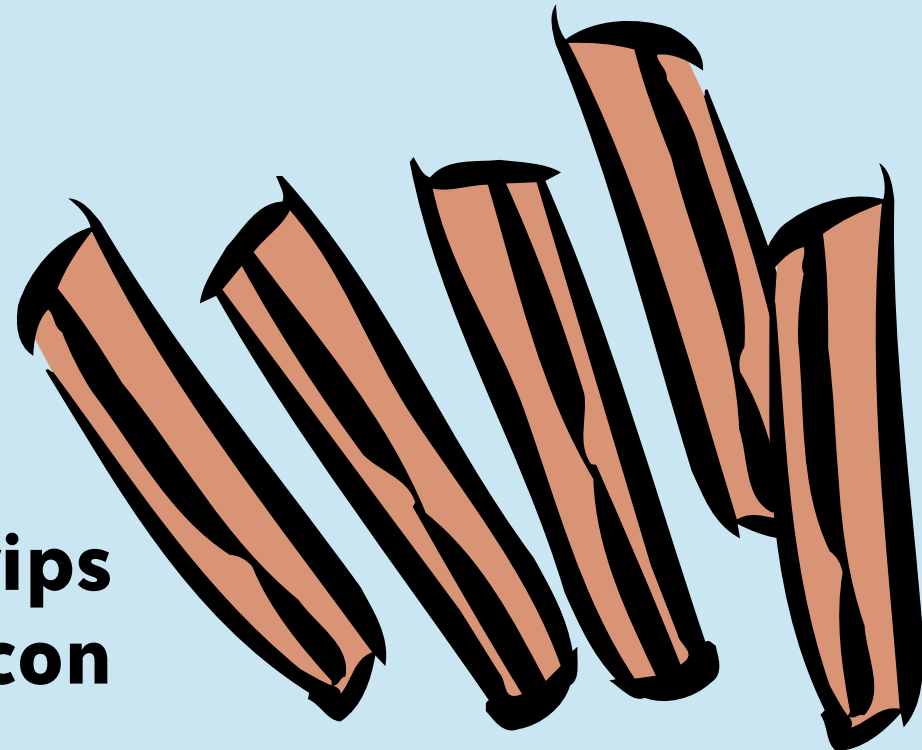


**For adults and children 2 years & older:**

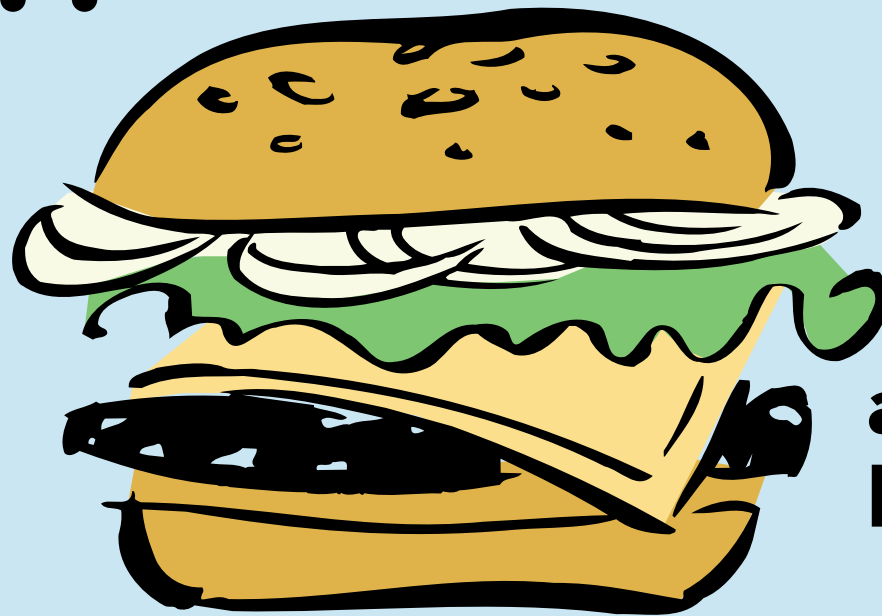
**moove to  
lowfat (1%) or  
fat free (skim)  
milk**

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

5 strips of bacon



a fast food hamburger



2 doughnuts



a hot dog



. . . saturated fat can clog arteries

# Nutrition facts for 1 cup of milk:

