

1% lowfat
and fat free
milk.

A healthy
habit she
will carry
for the rest
of her life.



**Love her. Protect her.
Nourish her.**

A mother's love. One cup at a time.

"As a child, I always drank whole milk. My mother owned a store and she only brought home whole milk. As an adult, I knew there were other milks available, but I really didn't give it much thought. When I became pregnant with my first daughter, Alesia, I decided to pay more attention to the foods I was eating. This was when I decided to drink fat free milk. At first I was a little skeptical, but I soon realized that fat free milk was just as nutritious as whole milk - without the extra fat.

That was 18 years ago. I've been drinking fat free milk ever since. Although each of my three daughters drank whole milk as toddlers, they are now drinking fat free milk too. Their pediatrician said they could begin to drink fat free milk like me when they turned 2. It was a choice that I could make to protect their health. Besides, it was just too difficult having different milk cartons in the house! Since I didn't want to shock any of my girls with this change, I slowly made the switch by first giving them 1% lowfat milk and three months later, they were all drinking fat free milk. They never even knew the difference!

Recently, my mother was diagnosed with osteoporosis, which means she has weak, fragile bones. I'm trying to use this as a learning opportunity for my children. Now that they are old enough, I encourage them to drink two or three cups of fat free milk each day so that their bones grow strong. If they don't feel like drinking milk, I make sure they get calcium-rich lowfat yogurt or cheese instead. They don't need the fat in the whole milk, but they certainly need the calcium, vitamin D and other nutrients in fat free milk to grow up strong and healthy!"

Diane's tips for making the switch to 1% lowfat and fat free milk:

- Start serving it to your child when he or she turns age 2. That way, he or she will never have the chance to recognize the difference.
- Keep it in the front of the refrigerator for easy access. If higher fat milks are in the house, "hide" them in the back of the refrigerator.
- Blend it into milkshakes or smoothies by adding ice cubes, fresh or frozen fruit, lowfat yogurt, and/or lowfat ice cream.
- If your child or other family members recognize milk cap colors, switch caps by placing the whole milk cap on the jug of 1% lowfat milk.
- Check to see if your child's preschool serves 1% lowfat or fat free milk. If they do, your child is used to it and you can start serving it at home!



Diane with her three daughters, Thiana, Sonia, and Alesia.