

# Milk Facts

**1% and fat free milk have the same amount of**

**Calcium**

**Vitamin D**

**Protein**

**as 2% and whole milk.**

**1% and fat free milk are:**

**Healthier for your heart**

**Lower in calories**

**Lower in fat**

**Everyone older than 2 should drink 1% or**

**fat free milk!**



**Switch to 1% or fat free milk for you and your family (children 2 years and older). Ask your WIC Staff for more information.**