



Milk Matters

Fat-free and low-fat (1%) milk gives your entire family calcium, protein and vitamin D for strong bones, teeth and muscles.



Fat-free and low-fat (1%) milk have the same key essential vitamins, minerals and protein as whole and 2% fat milk, but without the extra fat, so they're also good for your heart.



Take it slowly. If your young child or family is drinking whole milk, first change to 2% fat milk for a few weeks, then switch to 1% fat milk. Later, you can try fat-free milk.



Kids 9 and older need 3 cups of milk per day, but younger kids need less-kids age 4-8 need 2 ½ cups; kids age 2-3 need 2 cups. To make sure your family gets the milk they need, keep milk products, like yogurt and cheese made with 1% fat milk, in the fridge, too.



The nutrients in milk help refuel muscles, so quench your kids' thirst with a cold glass of fat-free or low-fat (1%) milk after school or play.



Prepare snacks and meals with your kids. Make smoothies by blending together 1% fat milk, fruit and low-fat yogurt. Or, make oatmeal with 1% fat milk instead of water.

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To submit a request, please call 1-800-841-1410 (TDD/TTY 711).