



MARCH



Pick a better snack & Act with your family.

MOM-TO-MOM

After my son turned two, I knew it was time for him to switch to low-fat milk. He still needed all of the nutrients from milk, but he didn't need all of the extra fat like he did when he was a toddler. He loved his whole milk so I decided to make the transition slowly. I mixed his whole milk with fat-free for a while and slowly mixed in more and more until he was drinking all fat-free and couldn't even tell the difference. Now I can buy one kind of milk for all of us and we get all the nutrition we need without the extra fat.

~ Katie, a mother of one in Iowa

Eat well and your kids will too.

COST COMPARISON

Not only is it healthier for your family, but skim milk saves money! The price of fat-free milk is about \$1 less than the price of whole milk. If you buy two gallons per week for your family, you could save over \$100 per year with this small change.

(Source: Iowa EFNEP, www.extension.iastate.edu/foodsavings/)



GET REAL!

Let's face it, most kids love flavored milk like chocolate or strawberry. These drinks have the goodness of milk, but they also have added sugar and calories that kids don't need. 1% or fat-free white milk is the best choice for kids 2 and over; flavored milk can be a special treat once in a while. If your kids have a tough time making the switch to white milk, try sweetening it a little with a couple of drops of chocolate syrup. You can add less and less until the kids learn to like milk without extra sweetener.

WHY IT MATTERS

Fat-free milk has all the nutrition of 2% or whole milk with less fat. Fat-free milk has the same amount of calcium, protein and vitamins as 2% or whole. The only difference is the calories and fat! Switch to fat-free or low-fat (1%) milk. Compare the labels next time you're at the grocery store. Children, ages 2-8, need 2 cups per day and kids over 8 need 3 cups per day. Their bodies change, so should their milk.



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Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.