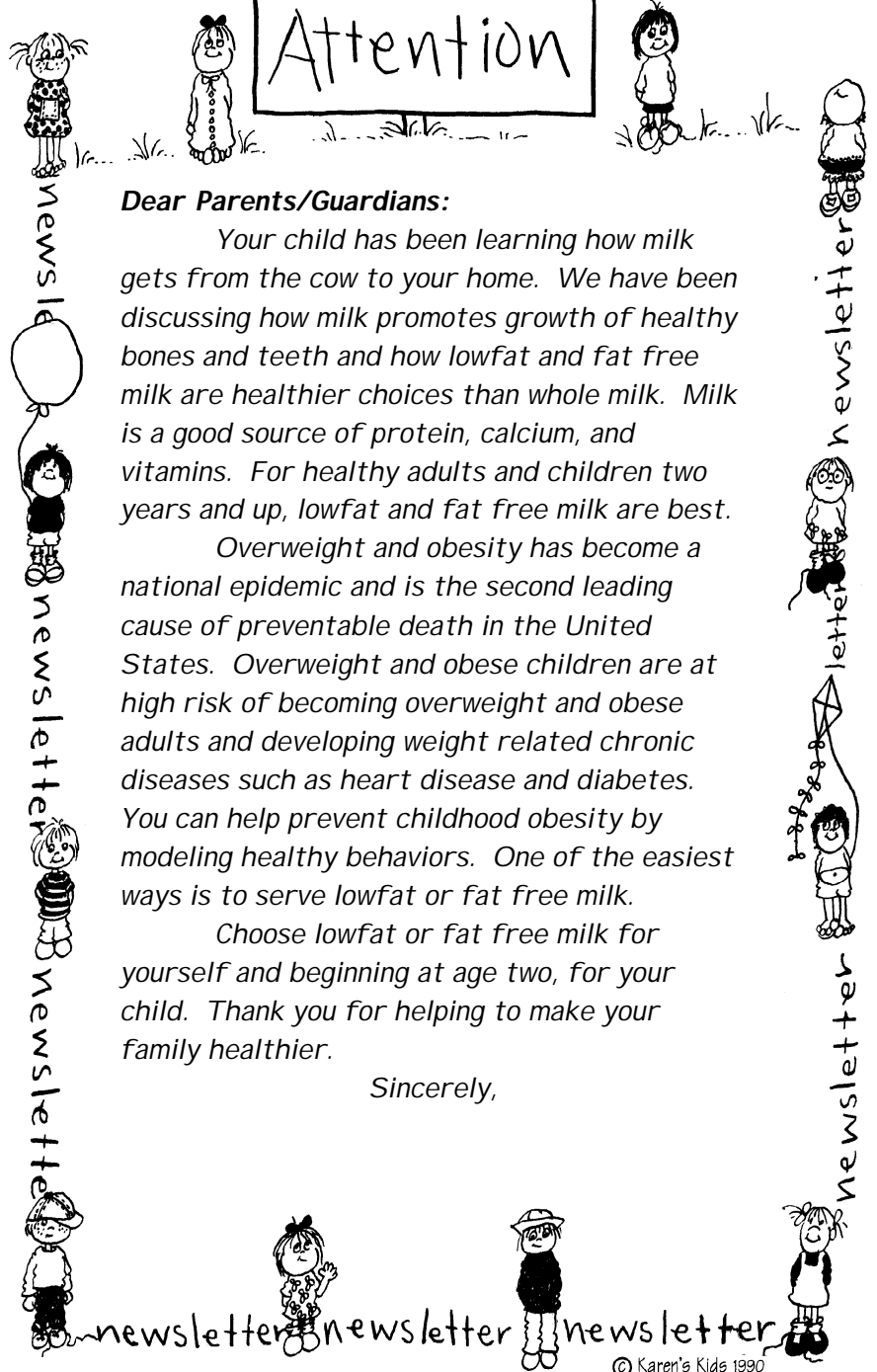


Attention



Dear Parents/Guardians:

Your child has been learning how milk gets from the cow to your home. We have been discussing how milk promotes growth of healthy bones and teeth and how lowfat and fat free milk are healthier choices than whole milk. Milk is a good source of protein, calcium, and vitamins. For healthy adults and children two years and up, lowfat and fat free milk are best.

Overweight and obesity has become a national epidemic and is the second leading cause of preventable death in the United States. Overweight and obese children are at high risk of becoming overweight and obese adults and developing weight related chronic diseases such as heart disease and diabetes. You can help prevent childhood obesity by modeling healthy behaviors. One of the easiest ways is to serve lowfat or fat free milk.

Choose lowfat or fat free milk for yourself and beginning at age two, for your child. Thank you for helping to make your family healthier.

Sincerely,

Whole Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 160 Calories from Fat 70	
	% Daily Value
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	11%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 6%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Reduced Fat (2%) Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 130 Calories from Fat 45	
	% Daily Value
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Lowfat (1%) Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 110 Calories from Fat 20	
	% Daily Value
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15mg	4%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Fat Free (Skim) Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 90 Calories from Fat 0	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol Less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	