

Drink lower fat milk!



9 tablespoons
fat in one gallon



5 1/2 tablespoons
fat in one gallon



2 3/4 tablespoons
fat in one gallon



3/4 tablespoon
fat in one gallon



My family used to drink whole milk, but now we're drinking 2%. Soon we'll be drinking non-fat milk and I know we'll like it!

We all need to eat fewer foods with saturated fat. Changing to non-fat milk is an easy way to cut out that bad fat.

I just learned that all types of milk have the same amount of vitamin D and calcium. We need both every day!

I can help lower my cholesterol by switching from drinking whole milk to drinking non-fat milk.



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