



# MOOve to 1% Milk and/or Skim Milk

Same great taste and nutrition, just less fat!

1% and skim milk are for adults and children 2 years and older.

1 Cup Whole Milk =  
8 Grams of Fat



1 Cup 2% Milk =  
5 Grams of Fat



1 Cup 1% Milk =  
2.5 Grams of Fat



1 Cup Skim Milk =  
0 Grams of Fat



1 Teaspoon of Butter = 4 Grams of Fat

