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

Source: USDA National Nutrient Database