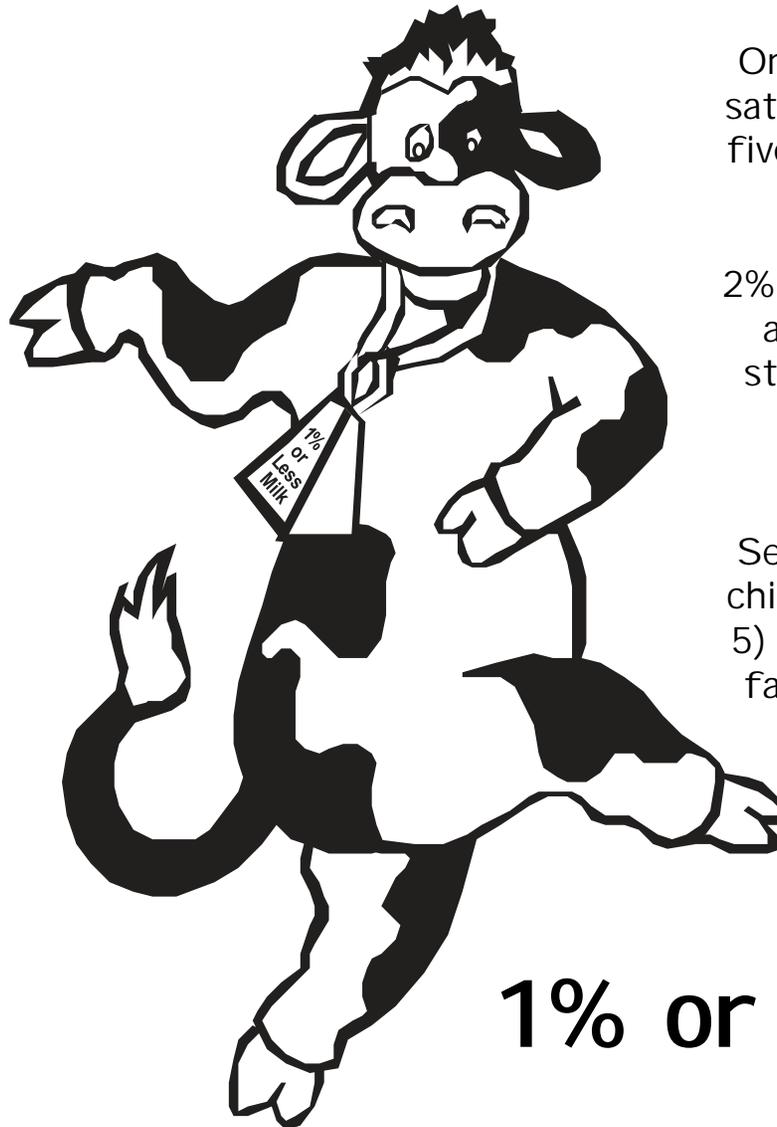


# Cut the Fat: Moovve to 1% or Less

Fat-free (skim) and 1% milk have all the protein, calcium and vitamins found in whole milk, but have little or no fat.

Nine out of 10 people like the taste of ice cold 1% or fat-free (skim) milk in blind taste tests.

Heart disease may not show up until adulthood. But the early stages, caused by too much saturated fat, can be seen in kids as young as ten years old.



One cup of whole milk has a lot of saturated fat - the same amount as five strips of bacon or a candy bar.

2% milk is not low-fat. One cup has as much saturated fat as three strips of bacon. Only 1% and fat-free are low-fat milks.

Serving 1% milk instead of 2% for children in child care (for ages 2 to 5) would cut out a lot of saturated fat from diets during those three years.

## 1% or Less. Yes.



*Adapted from CSPI 1% or Less Campaign materials*

State of North Carolina • Michael F. Easley, Governor  
Department of Health and Human Services • Carmen Hooker Odom, Secretary  
Division of Public Health • Women's and Children's Health Section • Nutrition Services Branch

This institution is an equal opportunity provider. 04/04 ©