

For Growing Bones... Which Milk?

Why Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- **Calcium and vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- **Protein** for building a growing body. It also keeps your body in good repair.
- **Vitamin A** for healthy eyes and skin.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy, too.



Whole Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
Calories	150	Calories from Fat 70
%Daily Value*		
Total Fat	8g	13 %
Saturated Fat	5g	25 %
Cholesterol	35mg	11 %
Sodium	120mg	5 %
Total Carbohydrate	11g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
Protein	8g	
Vitamin A	6%	• Vitamin C 4%
Calcium	30%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

2% Reduced Fat Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
Calories	120	Calories from Fat 40
%Daily Value*		
Total Fat	4.5g	7 %
Saturated Fat	3g	15 %
Cholesterol	20mg	6 %
Sodium	120mg	5 %
Total Carbohydrate	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	8g	
Vitamin A	10%	• Vitamin C 4%
Calcium	30%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

1% Low-fat Milk

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 1		
Amount Per Serving		
Calories	100	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	1.5g	8 %
Cholesterol	10mg	3 %
Sodium	125mg	5 %
Total Carbohydrate	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	8g	
Vitamin A	10%	• Vitamin C 4%
Calcium	30%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Which milk would you buy? What's different? What's the same?

Nutrition Facts on milk cartons can help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk.

Provided by _____