



Champions for Change
Arizona Nutrition Network

TALKING POINTS

Champions for Change ~ 2010 Go Low 1% Milk

Go Low 1% Milk:

- Campaign runs May 2010 through August 2010
- **Main message for kids:** Be a “Champion for Change” in your family by drinking 1% milk. 1% milk is a health choice for growing kids to build strong bones.
- **Main message for adults:** Milk is an excellent source of calcium, vitamin D and protein, which are important for maintaining strong bones. Drinking 1% milk gives you all of this, but with less fat for a healthy heart.

- **How much 1% milk does your family need each day?**
 - Boys and Girls, 2*-8 years old: 2 cups
 - Boys and Girls, 9-18 years old: 3 cups
 - Men and Women, 19 years and older: 3 cups
 - *From ages 1 to 2 your child should drink whole milk.

- **Dairy Safety**
 - Refrigerate dairy products quickly after grocery shopping.
 - Make sure to defrost any foods in the refrigerator instead of on the counter.
 - Dairy products should not be left out at room temperature for more than two hours.

- **Healthy snack ideas with low fat dairy**
 - Sprinkle Parmesan cheese over popcorn (for children over six) and serve with a glass of 1% milk.
 - Mix whole grain cereal with low fat yogurt for a yummy treat.
 - Try the Creamy Dip for Fruit recipe with some sliced fruit.
 - Offer vanilla wafers, graham crackers or mini muffins with a glass of 1% milk.
 - Top apple slices with low fat cheese.

- **How much fat is in milk (per 1 cup/8 ounces)?**
 - Whole milk has 8 grams of fat
 - 2% milk has 5 grams of fat
 - 1% milk has 2.5 grams of fat

• **Try these low fat options**

If you usually buy:	Try these lowfat options:
Whole milk	1% milk
Ice cream	Sherbert or frozen yogurt
Sour cream	Plain low fat yogurt
Cream cheese	Light or fat free cream cheese
Cheese (cheddar, Swiss or jack)	Low fat cheese
Regular (4%) cottage cheese	1% cottage cheese
Whole milk mozzarella cheese	Part-skim milk, low-moisture mozzarella cheese
Whole milk ricotta cheese	Part-skim milk ricotta cheese
Coffee cream (half-and-half)	1% milk or non-fat dry milk powder



Champions for Change
Arizona Nutrition Network

• **General milk information:**

- The best choice for adults is 1% milk. Most all adults and children do not need the extra fat and calories that are in 2% and whole milk.
- 1% low fat milk has all the vitamins and minerals found in whole milk, without all the fat. By choosing 1% low fat milk, consumers get all the good nutrition of milk - with little or no fat.
- Whole milk is best for children between the ages of 1 and 2 years. At this age, the extra fat is necessary for growth and proper brain and nervous system development.
- Cow's milk is NOT appropriate for children under 1 year old.

Studies on benefits of family meals:

- Family meals are frequently associated with higher intakes of fruits, vegetables, vitamins, minerals, and grains. Adolescents who watched television during meals were found to have lower intakes of dark green/yellow vegetables, calcium-rich foods and grains and higher intakes of soft drinks compared to adolescents not watching television during family meals. (J Nutr Edu Behav. 2007;39:257-263)
- Family meals provide consistency and opportunity to converse and teach your children about manners, communication skills, nutrition and healthy eating habits. Frequency of family meals was inversely associated with tobacco, alcohol and marijuana use; low grade point average; and depressive symptoms. (Arch Pediatr Adolesc Med. 2004;158:792-796)
- Family meals are associated with lower prevalence of later extreme weight control behaviors/disordered eating (even after adjusting for sociodemographic characteristics), body mass index, family connectedness, parental encouragement to diet, and previous extreme weight control behaviors. (Arch Pediatr Adolesc Med. 2008;162(1):17-22)
- Increased frequency of family dinner is associated with high intakes of nutrients including fiber, calcium, folate, iron, vitamins B6, B12, C, and E; lower glycemic load; and lower intake of saturated and trans fat as a percentage of energy. (Arch Fam Med. 2000;9:235-240)