

Choose the Best Milk for You

Milk is offered with all school breakfasts and lunches. Milk is primarily water (95%). Water does not have any calories. The percentage of fat in the milk is what determines how many calories are in each cup. The percentage of fat varies from 3.7% in whole milk to 0% in skim milk and chocolate skim milk. The color of the carton indicates what percentage of fat is in the milk.

The Color of the Carton Indicates What Percentage of Fat is in the Milk

<u>Milk Type</u>	<u>Fat Grams</u>	<u>Teaspoons Fat</u>	<u>Carton Color</u>
Skim	0	0	Pink
1%	2.5	½	Green
2%	5	1	Blue
Whole (3.7%)	8	2	Red
Chocolate Skim	0	0	Brown



Milk that is 2% milkfat is no longer allowed to be labeled as low-fat. The percentage of calories from fat is too high to be considered a low-fat food. Foods must contain 30% or less calories from fat to be considered low-fat or contain less than 3 grams of fat per serving. 2% milk has 130 calories per cup with 5 grams of fat. This works out to 45 calories from fat. $45 \div 130 = 35\%$ calories from fat. 2% milk is now labeled as reduced fat milk.

By utilizing low-fat dairy products, students can easily reduce the amount of total fat and saturated fat that they eat each day. Students should choose the milk with the lowest percentage of fat that they will drink.

Many schools are now offering fat-free chocolate skim milk to entice more students into drinking milk. The fat-free chocolate milk has just as much calcium as white milk. It is better for students to drink chocolate milk than avoid milk if they do not like white milk.

