

As kids grow, their needs change.

As a mom and a pediatrician, I know that it's possible to make the switch from whole or 2% milk to 1% or fat-free! **Making the switch will provide you and your children with the same nine essential nutrients without adding unnecessary saturated fat and extra calories.**

Here are my top five tips for making the change fun and easy for your family:

1. **Change slowly.** Start with 2% milk then move to 1% and eventually to fat-free. It might help to mix 2% and 1% for a couple of weeks to get your family started.
2. **Mix it up.** Offer flavored 1% or fat-free milk as a special treat.
3. **Chill it.** Milk tastes best when it is very cold. Pour 1% or fat-free milk over ice and serve with a straw.
4. **Be patient.** Some children need to try a new food ten times or more before they like it.
5. **Join your child.** Drink 1% or fat-free milk with your meals and snacks. You are your child's finest role model.



Dr. Janet A. Graeve, MD



Facts about Low-fat Milk

1. 1% and fat-free milk have the same nutrients as whole and 2% milk, only the fat is removed.
2. Starting at age 2 children no longer need the extra fat from whole milk.
3. Kids ages 4-8 should have 2.5 cups of milk per day and everyone age 9 and up should have 3 cups per day.