

## NUTRITION NUGGET #19

**Do low fat (1%) and skim (fat free) milk have less nutrients than whole milk?**

**Answer: Skim milk & low fat milk have the same nutrients as whole milk. Whole milk has more fat.**



### Facts:

- **ChooseMyPlate.gov recommends 3 servings of low fat and fat free milk or dairy daily for adults. Children and teens need calcium to develop strong healthy bones.**
- **Drinking low fat & fat free milk is associated with a reduced risk of osteoporosis, heart disease, type 2 diabetes, and lower blood pressure in adults.**
- **Whole milk has more saturated fat than low fat & skim milk. Diets rich in saturated fat may increase risk of coronary heart disease.**
- **Low fat and fat free milk have the same amount of calcium, vitamin D, potassium, & protein as whole milk. Compare and see these milk labels below:**

| Skim Milk                        |                            |
|----------------------------------|----------------------------|
| Serving Size 8 fl oz (240mL)     |                            |
| Servings Per Container 2         |                            |
| Amount Per Serving               |                            |
| <b>Calories 80</b>               | <b>Calories from Fat 0</b> |
| % Daily Value*                   |                            |
| <b>Total Fat 0g</b>              | <b>0%</b>                  |
| <b>Saturated Fat 0g</b>          | <b>0%</b>                  |
| <b>Cholesterol less than 5mg</b> | <b>1%</b>                  |
| <b>Sodium 130mg</b>              | <b>5%</b>                  |
| <b>Total Carbohydrate 12g</b>    | <b>4%</b>                  |
| <b>Dietary Fiber 0g</b>          | <b>0%</b>                  |
| <b>Sugars 11g</b>                |                            |
| <b>Protein 8g</b>                |                            |
| <b>Vitamin A 8%</b>              | <b>Vitamin C 4%</b>        |
| <b>Calcium 30%</b>               | <b>Iron 0%</b>             |
|                                  | <b>Vitamin D 25%</b>       |

| 1% Lowfat Milk                 |                     |
|--------------------------------|---------------------|
| Nutrition Facts                |                     |
| Serving Size 1 cup (240mL)     |                     |
| Servings Per Container about 8 |                     |
| Amount Per Serving             |                     |
| <b>Calories 110</b>            | <b>Fat Cal 20</b>   |
| % Daily Values                 |                     |
| <b>Total Fat 2.5g</b>          | <b>4%</b>           |
| <b>Saturated Fat 1.5g</b>      | <b>8%</b>           |
| <b>Trans Fat 0g</b>            |                     |
| <b>Cholesterol 15mg</b>        | <b>5%</b>           |
| <b>Sodium 130mg</b>            | <b>5%</b>           |
| <b>Potassium 410mg</b>         | <b>12%</b>          |
| <b>Total Carbohydrates 13g</b> | <b>4%</b>           |
| <b>Dietary Fiber 0g</b>        | <b>0%</b>           |
| <b>Sugars 12g</b>              |                     |
| <b>Protein 9g</b>              |                     |
| <b>Vitamin A 10%</b>           | <b>Vitamin C 0%</b> |
| <b>Calcium 35%</b>             | <b>Iron 0%</b>      |
| <b>Vitamin D 25%</b>           |                     |

| 2% Reduced Fat Milk           |                             |
|-------------------------------|-----------------------------|
| Nutrition Facts               |                             |
| Serving Size 1 cup (236 mL)   |                             |
| Amount Per Serving            |                             |
| <b>Calories 130</b>           | <b>Calories from Fat 45</b> |
| % Daily Values*               |                             |
| <b>Total Fat 5g</b>           | <b>8%</b>                   |
| <b>Saturated Fat 3g</b>       | <b>15%</b>                  |
| <b>Trans Fat 0g</b>           |                             |
| <b>Cholesterol 20mg</b>       | <b>7%</b>                   |
| <b>Sodium 125mg</b>           | <b>5%</b>                   |
| <b>Total Carbohydrate 12g</b> | <b>4%</b>                   |
| <b>Dietary Fiber 0g</b>       | <b>0%</b>                   |
| <b>Sugars 12g</b>             |                             |
| <b>Protein 8g</b>             |                             |
| <b>Vitamin A 10%</b>          | <b>Vitamin C 4%</b>         |
| <b>Calcium 30%</b>            | <b>Iron 0%</b>              |
|                               | <b>Vitamin D 25%</b>        |

| Whole Milk                    |                             |
|-------------------------------|-----------------------------|
| Serving Size 8 fl oz (240mL)  |                             |
| Servings Per Container 2      |                             |
| Amount Per Serving            |                             |
| <b>Calories 150</b>           | <b>Calories from Fat 70</b> |
| % Daily Value*                |                             |
| <b>Total Fat 8g</b>           | <b>12%</b>                  |
| <b>Saturated Fat 5g</b>       | <b>25%</b>                  |
| <b>Cholesterol 35mg</b>       | <b>12%</b>                  |
| <b>Sodium 125mg</b>           | <b>5%</b>                   |
| <b>Total Carbohydrate 12g</b> | <b>4%</b>                   |
| <b>Dietary Fiber 0g</b>       | <b>0%</b>                   |
| <b>Sugars 11g</b>             |                             |
| <b>Protein 8g</b>             |                             |
| <b>Vitamin A 6%</b>           | <b>Vitamin C 4%</b>         |
| <b>Calcium 30%</b>            | <b>Iron 0%</b>              |
|                               | <b>Vitamin D 25%</b>        |

**Apply: How can you get people to taste and buy low fat milk and low fat dairy products?**

References: <http://www.choosemyplate.gov/food-groups/dairy.html>, <http://ndb.nal.usda.gov/ndbsearch/list>. Images at: <http://how-to-box.com/boxing/images/label-wholemilk.GIF>; [http://www.carlagoldenwellness.com/wp-content/uploads/2013/07/Products\\_Milk\\_2PctRf\\_Nutrition\\_081009.jpg](http://www.carlagoldenwellness.com/wp-content/uploads/2013/07/Products_Milk_2PctRf_Nutrition_081009.jpg); [http://www.darigold.com/images/uploads/Half\\_Gallon\\_Plastic\\_Milk\\_Labels\\_1%25\\_%28paths%29.jpg](http://www.darigold.com/images/uploads/Half_Gallon_Plastic_Milk_Labels_1%25_%28paths%29.jpg); <http://www.ag.arizona.edu/maricopa/fcs/bb/Images/label-skimmilk.gif>; [http://www.mountainsidefarms.com/images/cartons\\_group.jpg](http://www.mountainsidefarms.com/images/cartons_group.jpg). Accessed on: 05-07-2014.