

# Got Milk?

Nutrition Education  
September 2020



Milk is a popular drink that provides an excellent source of nutrition. It is one of the most nutrient-dense drinks you can enjoy. *Milk is packed with these nutrients:*

**Protein:** Builds strong muscles and reduces hunger.

**Calcium and Vitamin D:** These nutrients aid in building and strengthening your bones, muscles, and teeth. They also play a role in blood clotting.

**Potassium:** Supports your blood pressure, fluid balance, and muscles.

**Phosphorus:** Maintains bone strength and helps your body create energy.

**Vitamin A:** Keeps your skin, vision, and immune system in top shape.

**Vitamin B12, Riboflavin, and Niacin:** These nutrients assist your body to break down and absorb the food you eat.

## Milk Varieties:

### Whole Milk

150 calories, 8 grams of fat. Whole milk is a good choice for children 1-2 years old and people who are not concerned about fat intake.

### Fat-Free Milk (Skim Milk)

80 calories, 0 grams of fat. Fat-free milk is a good choice for individuals trying to restrict their fat intake.

**Lactose-Free Milk (Whole, 2%, 1% or Fat-Free)** is perfect for those who are lactose intolerant. Lactose is a milk sugar that some people have a hard time digesting. Lactose-free milk already has the lactose broken down, so your body does not have to.

### Low-Fat Milk (1% Milk)

100 calories, 2.5 grams of fat. Low-fat milk is a good choice for those trying to limit their fat intake.

**Flavored Milk (Whole, Reduced, Low or Fat-Free)** is milk in which a flavor such as strawberry, chocolate, or vanilla is added.

### Buttermilk (Fat-free or Low-fat)

In the past, buttermilk was the liquid left after churning cream into butter. Cultured buttermilk is milk in which fat-free dry milk solids, and a safe, friendly bacterium are added to help create that sour taste. Buttermilk is used as a digestive aid and a key ingredient to making great pancakes.

### Reduced Fat Milk (2% Milk)

120 calories, 5 grams of fat. Reduced fat milk is a good choice for people who have moderate fat restrictions.

**Kefir** is milk with kefir grains added, which create a creamy and tangy drink. Kefir is similar to yogurt but has more probiotics to keep you healthy. You can purchase plain Kefir or one of the many flavors, such as blueberry, vanilla, or strawberry. You can drink it alone or add it to a smoothie, cereal, or baked goods.

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# SOLUTIONS

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