



Why should you switch to low-fat dairy?

- The only difference between low-fat dairy and regular dairy is the grams of fat.
- Low-fat or non-fat milk (1% or less) have the same calcium, Vitamin D, and protein as whole milk.

Milk Recommendations by Age

Age	Type of Milk Recommended by Age
Less than 1 year	Only breast milk or iron-fortified formula
1-2 years	Only whole milk
~2 years and older	Milk with lower fat (1% or non-fat)

Easy Tips to Switch to Low-Fat Dairy

(Check once you have tried each of the following):

- Try making smoothies with low-fat milk.
- Buy low-fat plain yogurt, then add fresh fruit.
- At the supermarket, check the labels on cheese, milk, and yogurt for 1% fat or less.

Tips to Increase Dairy Intake for Picky Eaters

- Try cooking with milk – add to sauces and soups.
- Try eating yogurt.
- Try cheeses like Cheddar and Swiss.
- Consider soy, almond, or rice milk instead of cow's milk.

Lactose Intolerance Information

- Lactose-free milk provides the same nutrients as regular milk.
- Talk with your child's doctor before taking dairy out of your child's diet.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.