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.

Milk Recommendations by Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Type of Milk Recommended by Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 year</td>
<td>Only breast milk or iron-fortified formula</td>
</tr>
<tr>
<td>1-2 years</td>
<td>Only whole milk</td>
</tr>
<tr>
<td>~2 years and older</td>
<td>Milk with lower fat (1% or non-fat)</td>
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</tbody>
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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.

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.