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For Growing Bones—Which Milk?

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For Growing Bones—Which Milk?

Why Milk?

Milk provides many benefits that everyone in your family needs.

- **Calcium and Vitamin D** for your child’s growing bones and teeth. These same nutrients help the bones stay strong in adults.
- **Protein** for building a growing body. Protein also helps the body stay in good repair.
- **Vitamin A** for healthy eyes and skin.

Which Milk Is Best for Your Child?

If it is time for your child to make the switch from breast milk or formula to milk, you may wonder which milk is the best choice. If you have a child less than two years of age, then whole milk is the best choice. Babies and toddlers need the fat from the whole milk to grow properly.

Starting at age two, children can drink low-fat milk. It is a good habit for the whole family to learn. Drinking low-fat milk is one way to get less fat, especially saturated fat. Skim milk, 1% milk and 2% milk are all considered “low-fat” products.

You may want to make the change from whole milk to low-fat milk slowly. Switch first from the whole milk to 2% milk. When your child gets used to the flavor, try lower fat milk, such as 1% or skim. Offer low-fat milk on cereals and in smoothies.

Your child will get the same bone-building calcium no matter what type of milk you choose. The difference in the various types of milk is in the amount of fat they contain. Check the labels on the back of this page to compare the nutrients they contain.

Nutritional comparisons for milk products.

8 oz serving	Calories	% Calcium	Protein (grams)	Saturated Fat (grams)
Whole milk	140	25	7	4
2% milk	110	25	7	3
1% milk	100	25	8	1.5
Skim milk	80	25	8	0

Whole Milk

Nutrition Facts	
Serving Size 8 ozs	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 90mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 7g	
Vitamin A 4%	• Vitamin C 0%
Calcium 25%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

2% Milk

Nutrition Facts	
Serving Size 8 ozs	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 7g	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1% Milk

Nutrition Facts	
Serving Size 8 ozs	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	• Vitamin C 2%
Calcium 25%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Skim Milk

Nutrition Facts	
Serving Size 8 ozs	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 20%	• Vitamin C 4%
Calcium 45%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from USDA Team Nutrition, "Nibbles for Health," by Louise Moore, Extension Specialist, 2006.

Reviewed by Jackie Walters, M.B.A., R.D., L.D, Extension Specialist, August, 2008

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