

# MAKING THE MOVE

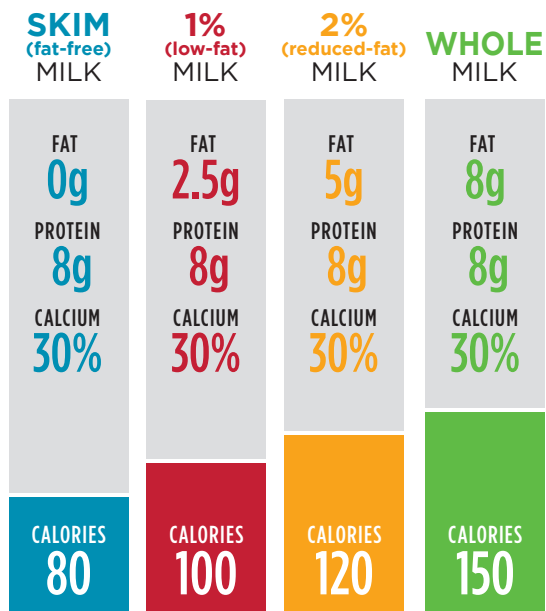
## TRANSITIONING YOUR CHILD FROM WHOLE MILK TO 1% OR SKIM.

### WHAT'S THE DIFFERENCE?

When shopping for milk, the options can be overwhelming. While the fat and calories vary, all milk contains the same

**13 essential nutrients:**

|                    |                         |
|--------------------|-------------------------|
| <b>Calcium</b>     | <b>Vitamin A</b>        |
| <b>Riboflavin</b>  | <b>Niacin</b>           |
| <b>Vitamin B12</b> | <b>Pantothenic Acid</b> |
| <b>Iodine</b>      | <b>Potassium</b>        |
| <b>Protein</b>     | <b>Zinc</b>             |
| <b>Vitamin D</b>   | <b>Selenium</b>         |
| <b>Phosphorus</b>  |                         |



### DID YOU KNOW?

- Milk is a good source of **calcium, vitamin D, protein** and other **essential nutrients**.
- It is recommended that most toddlers drink whole milk until two years old.
- Talk with your doctor about any growth concerns or nutritional needs.

### MAKING THE TRANSITION

The difference in texture and flavor can make the transition from whole to 1% or skim milk seem like a big adjustment for little taste buds.

- Your child learns by watching you and others, be an example by drinking milk with your meals.
- Use a small cup, make it fun with a special milk cup.
- As with every transition, it may take time to adjust.
- Start with all whole milk and gradually replace it with skim or 1% (as shown below).



### Lactose intolerant?

- Lactose-free milk is the same real, great tasting milk with the same nutrition, just without lactose.



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