

# Low-fat and non-fat dairy

Low-fat (1%) and non-fat milk and yogurt have the **same amounts** of calcium, vitamin D, protein, and other important nutrients as 2% and whole-fat milk and yogurt.

The USDA Dietary Guidelines for Americans, American Heart Association, and American Academy of Pediatrics recommend that adults and children 2 years and older should eat and drink low-fat dairy products.

WIC follows the USDA Dietary Guidelines for Americans. Low-fat (1%) or non-fat milk and yogurt are given to children ages 2 to 5 years old, and women on the WIC program. Scan the QR code or go to <https://www.dietaryguidelines.gov/> to learn more about the Dietary Guidelines for Americans.



## How to change to low-fat or non-fat dairy.



**Make it gradual.** For example, mix the type of milk you currently drink (like whole milk) and 1% milk together at first. Start with more whole milk, then slowly increase the amount of 1% milk and decrease the amount of whole milk over the next 1 to 2 weeks until you are just drinking 1% milk.



**Be a role model.** Children learn how to have a healthy relationship with food from everyone in your house. If others drink 1% milk, your child is more likely to as well.



**It may take time.** Like all new foods, it may take time to get used to low- or non-fat dairy if you're used to something different. You may need to try it multiple times, in a variety of forms, or prepared in different ways before you like it. Try it in different cups, in a smoothie, mixed into a soup or homemade mac n' cheese, or with cereal from WIC.