

Nutrition Adventure:

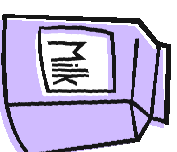
Grocery Store Race with Penny to the Best Milk!

How to Choose the Best Milk

Search for the best milk for your body! Use the table below in the milk section at the store. You will discover which milk has the lowest amount of fat.

Milk	Total Fat
1 Cup Whole Milk	
1 Cup 2% Milk	
1 Cup 1% Milk	
1 Cup Nonfat or Skim Milk	

Low Fat Milk: 3g or less of fat per cup
Fat Free Milk: 0.5g or less of fat per cup



After age 2, I switched to nonfat milk to help keep my heart healthy so I can keep running fast!

- Penny

Why should I drink milk with less fat?

Drinking milk with less fat helps keep your heart and body healthy.

Why should I drink milk at all?

Milk contains vitamin D and calcium which helps your bones grow and stay strong.

What if I don't like milk?

There are lots of different kinds of milk at the market that you might like. Try some yummy fortified soy milk or even almond milk. Try soy milk with your cereal or as part of your snack. You can also get vitamin D and calcium from fortified orange juice. Yogurt also has calcium. Look for one that has been fortified with vitamin D.