Lowfat 1% MILK

is a **healthy choice** for you and your family.

Lose the fat, keep the vitamins...

Drink Lowfat Milk

How does lowfat 1% milk compare to regular, whole milk?

Lowfat 1% milk has:

- Same calcium
- Same protein
- Same vitamins and minerals
- Less fat
- Fewer calories
- Same great taste

STARTING OCTOBER 2009

MILK IS IMPORTANT!

for **strong teeth** and **bones, muscle growth,** and **healthy blood pressure!**

Doctors and nutritionists encourage drinking lowfat and fat free milk.

Women and children 2–5 years old will ONLY be able to buy Reduced Fat 2% Milk, Lowfat 1% Milk, or Fat Free Milk with WIC checks.

healthy habits every day

This institution is an equal opportunity provider. 4/09 #940147

Mis nyuj **muaj roj qis 1%**

yog ib yam **mis zoo** rau koj thiab koj tsev neeg.

Tso tseg cov rog, khaws cia cov vitamins...

Haus Mis nyuj Muaj Roj qis

Cov 1% mis nyuj muaj roj qis txawv cov tseem mis nyuj li cas?

Mis nyuj muaj roj qis 1% muaj:

- Tib yam calcium
- Tib yam protein
- Tib yam vitamins thiab minerals
- Muaj roj tsawg dua
- Muaj calories tsawg dua
- Qab ib yam nkaus

PIB LUB KAUM HLI 2009

Mis nyuj yeej Tseem Ceeb!

rau **kom kaus hniav** thiab **pob txha ruaj, leeg loj hlob zoo,** thiab **kom ntshav dhia tus!**

Cov kws kho mob thiab kws cob qhia noj haus pom zoo kom haus mis nyuj muaj roj qis thiab mis nyuj uas tsis muaj roj.

Cov poj niam thiab menyuam 2-5 xyoo TSUAS siv tau WIC cov tshev yuav tau cov Mis nyuj muaj roj tsawg 2%, Mis nyuj muaj roj qis 1%, lossis Mis nyuj tsis muaj roj xwb.

kev coj cwj pwm zoo txhua hnub

Translated by TranslateXpress, Inc. from the California WIC Program's "Lose the Fat, Keep the Vitamins…Drink Lowfat Milk" WIF insert. If you have questions about this translation please contact the Public Health Foundation Enterprises (PHFE) WIC Program at 1-888-942-2229.