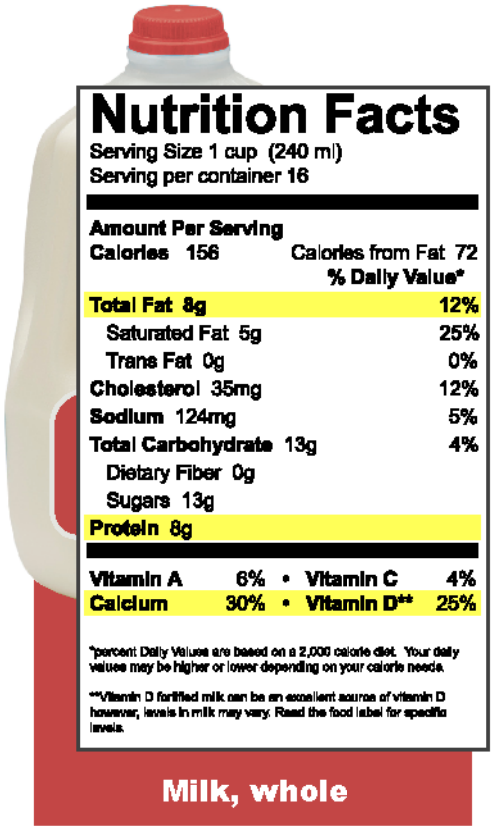
WHICH MILK IS HEALTHIEST?



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

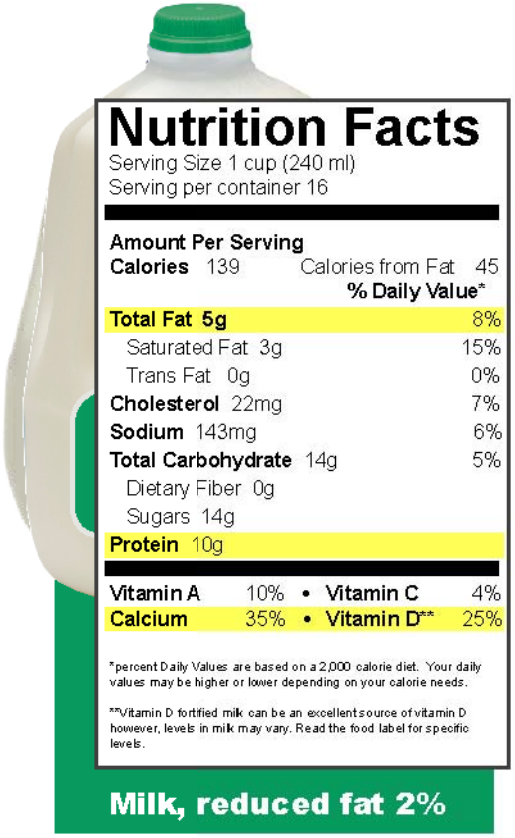
Amount Per Serving		
Calories 156	Calories from Fat 72	
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 5g		25%
Trans Fat 0g		0%
Cholesterol 35mg		12%
Sodium 124mg		5%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		
Sugars 13g		
Protein 8g		

Vitamin A	6%	• Vitamin C	4%
Calcium	30%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, whole



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

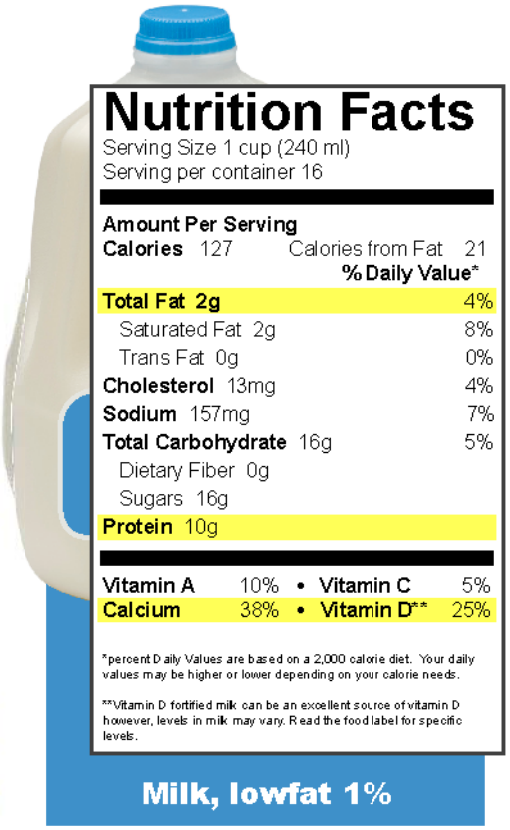
Amount Per Serving		
Calories 139	Calories from Fat 45	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 3g		15%
Trans Fat 0g		0%
Cholesterol 22mg		7%
Sodium 143mg		6%
Total Carbohydrate 14g		5%
Dietary Fiber 0g		
Sugars 14g		
Protein 10g		

Vitamin A	10%	• Vitamin C	4%
Calcium	35%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, reduced fat 2%



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

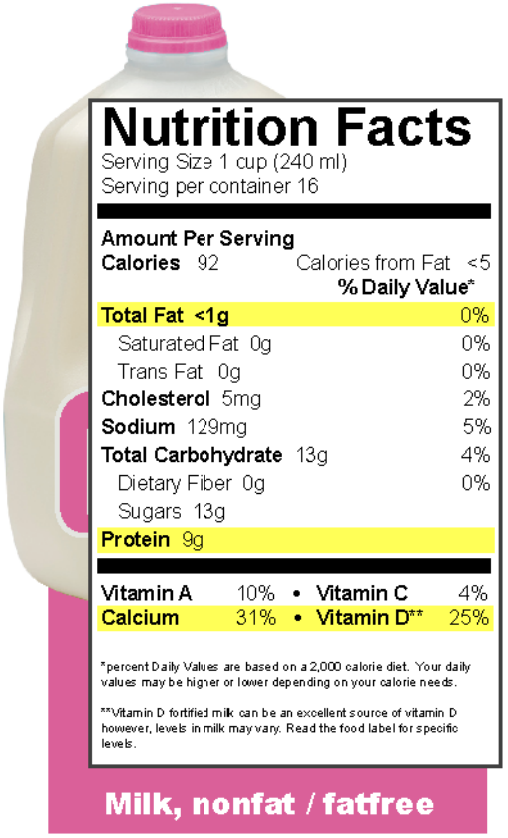
Amount Per Serving		
Calories 127	Calories from Fat 21	
		% Daily Value*
Total Fat 2g		4%
Saturated Fat 2g		8%
Trans Fat 0g		0%
Cholesterol 13mg		4%
Sodium 157mg		7%
Total Carbohydrate 16g		5%
Dietary Fiber 0g		
Sugars 16g		
Protein 10g		

Vitamin A	10%	• Vitamin C	5%
Calcium	38%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, lowfat 1%



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		
Calories 92	Calories from Fat <5	
		% Daily Value*
Total Fat <1g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 5mg		2%
Sodium 129mg		5%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		0%
Sugars 13g		
Protein 9g		

Vitamin A	10%	• Vitamin C	4%
Calcium	31%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, nonfat / fatfree

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Mis muaj roj tsawg yog ib yam qab thiab zoo rau koj thiab koj tsev neeg haus.

Mis muaj roj tsawg muaj cov as-ham tseem ceeb uas koj tsev neeg yuav tsum tau muaj, xws li calcium, protein, vitamins thiab minerals, thiab muaj roj thiab calories ntau! Cov kws paub txog tej as-ham no pom zoo tias mis muaj roj tsawg yog ib yam zoo haus, yog li kav tsij haus!

Ntau Txoj Kev Siv Tau Mis Muaj Roj Tsawg

Pib thaum Noj tshais

- Siv mis muaj roj tsawg es txhob siv dej thaum tov cereal kub xws li hmoov nplej (oatmeal).
- Tov mis muaj roj tsawg rau koj cov qe kib ua ntej muab kib kom thiaj kib tau qe muag muag.
- Npaj tshais tiav log vim muaj ib khob mis muaj roj tsawg, ib daig khaub ci nrog txiv laum huab xeeb thiab ib lub txiv ntoo uas koj nyiam noj.

Zoo Haus Txom Ncauj

- Tov tau ib khob kua txiv thaum koj muab 1 khob mis muaj roj tsawg zom nrog rau txiv hmab ntoo thiab dej nkoog.
- Npaj ib co kua txiv uas yog muab mis muaj roj tsawg tov nrog rau ib co txiv tsawb uas suam ua tej nplai.
- Tov ib qho hmoov vanilla thiab cinnamon nrog rau mis muaj roj tsawg ces muab rhaub kom sov tsawg es thiaj zoo haus txom ncauj yav lig.

Ua rau Zaub Mov Zoo Noj

- Siv mis muaj roj tsawg thaum ua zaub mov kom thiaj tsis muaj roj ntau.
- Tov mis muaj roj tsawg rau tej kua zaub mov thiab zaub mov ncu.
- Tov mis muaj roj tsawg rau tej zaub mov xws li qwj lossis qos zom thiab tej txuj lom.

Ua Kua Txiv Hmab Ntoo Ceev

(cov lus qhia ua zaub mov yog www.mealsmatter.org ua tus qhia)

2 khob (cups) txiv strawberry hlais ua tej nplai
1 lub txiv tsawb, tev lawm
1 khob txiv nkhaus taw uas tev lawm (1 lub loj)
1 khob mis muaj roj tsawg
1 khob yogurt uas yog qab li txiv strawberry tab sis tsis muaj roj
8 lub dej nkoog

Kev npaj: Muab cov khoom no sib tov thiab muab zom kom txog txij ua kua tas. Muab laub rau cov khob iav loj.

Puas yog koj tsis hum mis suab thaj (lactose)?

Ces sim hom mis muaj roj tsawg lossis tsis muaj roj li thiab tsis muaj suab thaj!

Mis muaj roj tsawg muaj:

- ✔ Tib hom calcium
- ✔ Tib hom protein
- ✔ Tib hom minerals thiab vitamins
- ✔ Roj tsawg dua
- ✔ Calories tsawg dua
- ✔ Tib yam uas qab zoo haus!

Translated by TranslateXpress, Inc. from the California WIC Program's "Which Milk Is Healthiest?" If you have questions about this translation please contact the Public Health Foundation Enterprises (PHFE) WIC Program at 1-888-942-2229.

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