

## Milk Comparison

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8 oz milk	Calories	Calcium (mg)	Fat (g)	Sat. Fat (g)	Cholesterol (mg)
<b>Fat-free (skim)</b>	85	300	<.5	<.5	5
<b>1% (low-fat)</b>	100	290	2	1.5	10
<b>2% (reduced-fat)</b>	120	285	5	3	20
<b>Whole</b>	150	275	8	4.5	25
<b>1% chocolate</b>	160	290	2	1.5	10



## Menu Tips

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- Consider offering milk in new packaging. Students drink more milk when it is offered in “cool” packages. The New Look of School Milk (milk in plastic bottles) is available in 1% white, skim white, 1% chocolate, and 1% strawberry. Other varieties – 1% vanilla, 1% orange cream, and 1% root beer – are occasionally available throughout Idaho in the plastic bottles.
- Offering a variety of 1% and skim milk flavors will encourage students to drink more milk.
- Make sure to keep your milk cold. Milk served at the correct temperatures is more appetizing to everyone.

## Recipe Ideas

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- Adjust recipes, use low-fat milk products in cooking and baking to help reduce the amount of fat, saturated fat, and cholesterol in foods.
- Milk recipes used in nutrient analysis should accurately reflect the milk served every day.