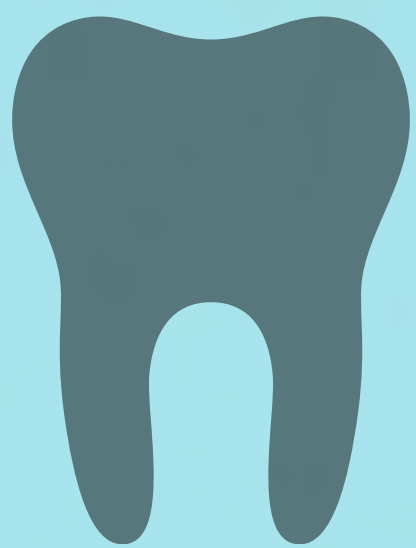


# Choose Reduced Fat (Lite) Milk

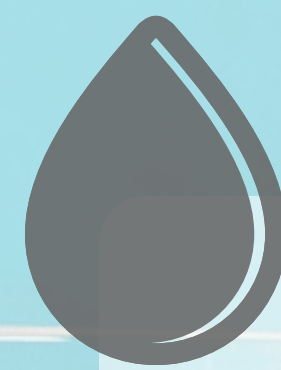
Reduced fat milk is recommended  
for children 2 years and older

**WHY?** 2 year olds eat a wider variety of foods and  
their diets contain sufficient saturated fats

## REDUCED FAT (LITE) MILK...



HAS THE SAME  
AMOUNT OF  
**CALCIUM** AS FULL  
CREAM MILK

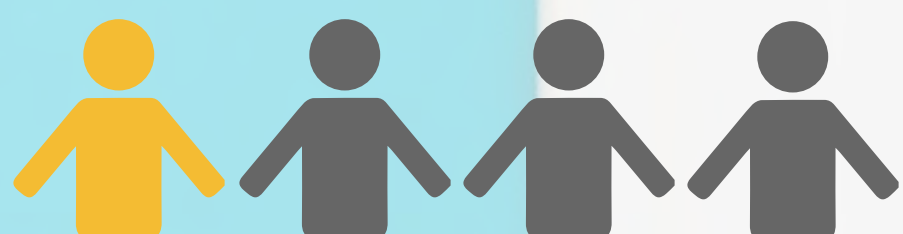


CONTAINS  
**NO ADDED SUGAR,**  
JUST NATURALLY  
OCCURRING LACTOSE

CONTAINS  
**LESS SATURATED FAT**  
THAN FULL CREAM MILK



**REDUCES RISK**  
FOR DIABETES AND  
HEART DISEASE



**1 in 4 children in Australia are  
overweight or obese**

Drinking reduced fat milk as part of a balanced diet will provide  
children with lifelong good habits leading into adulthood

Reference: National Health and Medical Research Council 2013, Australian Dietary Guidelines, National Health and Medical Research Council, Canberra



For more information or support please visit  
Munch and Move at  
[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)



Health  
Northern Sydney  
Local Health District