

# Choose Reduced

3

## Fat (Lite) Milk

1

Milk and dairy contain important nutrients such as protein, vitamins, calcium and other minerals. Reduced fat milk provides the same amount of calcium as full cream milk.

The important difference between the two is the fat content is less in reduced fat milk.

The Australian Guide to Healthy Eating recommends reduced fat dairy products as reduced fat dairy contains less saturated fats than full cream dairy. Including reduced fat milk as part of a healthy diet after the age of 2 is not promoting a dieting or fat restriction; instead it encourages the development of healthy habits from the early childhood years into adulthood.

2

For children under the age of 2, full cream milk is recommended as children are in a rapid growing stage of their lives and need the extra energy (kilojoules) found in full cream milk. Once your child is 2 years and older they are eating a wider variety of foods that provide them with sufficient healthy fats and consequently they no longer need as many fats from dairy, (particularly saturated fats).

Fat

~3.8%

Full Cream

~2%

Reduced Fat (Lite)

<1.5%

Low Fat

<0.15%

Skim

4

Drinking reduced fat milk as part of a healthy balanced diet will help to reduce risk of diabetes; high cholesterol; heart disease and other long term health problems associated with saturated fat intake.

5

Myth buster: Reduced fat milk does not contain any added sugar. It contains the naturally occurring sugar, lactose.

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



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