

# LOSE THE FAT, KEEP THE VITAMINS DRINK LOWFAT MILK WORKSHEET

This worksheet is about different types of milk. Please complete the following activities (1–4). If you have any questions, please ask WIC staff!

healthyhabits**everyday**

## ACTIVITY:1

### THE MILK YOUR FAMILY DRINKS...

#### DIRECTIONS:

Check (✓) the types of milk your family drinks:

☐ LOWFAT MILK



☐ FAT FREE / NONFAT MILK



☐ REDUCED FAT MILK



☐ REGULAR / WHOLE MILK



☐ I'M NOT SURE



#### DIRECTIONS:

There are many reasons families buy and use different types of milk. What are your reasons? Check (✓) all of the reasons that apply to your family:

- ☐ I buy the cheapest milk.
- ☐ I buy the healthiest milk.
- ☐ I buy milk based on the color of the cap.
- ☐ I buy the milk that my family likes the best.
- ☐ Other \_\_\_\_\_

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*To learn more about the differences of each type of milk... JUST KEEP READING!*

## ACTIVITY:2

### COMPARE THE DIFFERENT TYPES OF MILK



Fat	1g
Protein	9g
Calcium	31%
Vitamin D	25%



Fat	2g
Protein	10g
Calcium	38%
Vitamin D	25%



Fat	5g
Protein	10g
Calcium	35%
Vitamin D	25%



Fat	8g
Protein	8g
Calcium	30%
Vitamin D	25%

#### DIRECTIONS:

Look at the pictures above of the 4 gallons of milk to answer the questions below.

1

From the choices below, check (✓) the type of milk that has the **LOWEST** amount of **FAT**.

☐ Fat Free / Nonfat Milk   ☐ Lowfat 1% Milk   ☐ Reduced fat 2% Milk   ☐ Regular / Whole Milk

2

From the choices below, check (✓) the type of milk that has the **HIGHEST** amount of **PROTEIN**.

☐ Fat Free / Nonfat Milk   ☐ Lowfat 1% Milk   ☐ Reduced fat 2% Milk   ☐ Regular / Whole Milk

3

From the choices below, check (✓) the type of milk that has the **HIGHEST** amount of **CALCIUM**.

☐ Fat Free / Nonfat Milk   ☐ Lowfat 1% Milk   ☐ Reduced fat 2% Milk   ☐ Regular / Whole Milk

4

What do you notice about the amount of **VITAMIN D** in the different types of milk?

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5

After answering the above questions, check (✓) the type of milk you think is the **HEALTHIEST**.

☐ Fat Free / Nonfat Milk   ☐ Lowfat 1% Milk   ☐ Reduced fat 2% Milk   ☐ Regular / Whole Milk

# ACTIVITY:3

## CHANGES IN WIC!

### ENJOY MILK WITH YOUR FAMILY!

A refreshing glass  
of milk goes great  
with your breakfast,  
lunch or dinner.



#### DIRECTIONS:

Please read the following:

- ☐ WIC currently allows participants to buy any of the 4 types of milk.  
(Nonfat Milk, Lowfat 1% Milk, Reduced Fat 2% Milk, or Regular Whole Milk)
- ☐ Starting October 1, 2009, WIC will **ONLY OFFER** the lower fat milk to women and children 2 years of age and older. Cross out the gallon of milk that WIC will not allow for women and children.



- ☐ Children age 12-24 months will still be able to buy the highest fat milk.

*If you have QUESTIONS ABOUT THE MILK CHANGE, please ASK WIC STAFF.*

# ACTIVITY:4

## YOUR PLANS



### DIRECTIONS:

After learning about the different types of milk and the changes in WIC, check (✓) one or more of the ideas below that you might try in the next few weeks.

- ☐ I may try Fat Free/Nonfat Milk.
- ☐ I may try Lowfat 1% Milk.
- ☐ I may change my family to Reduced Fat 2% Milk.
- ☐ Nothing right now, but I may in the future.
- ☐ I'm already drinking Fat Free/Nonfat Milk or Lowfat 1% Milk.

If you have already changed to a lower fat milk, congratulations you are on your way to healthy habits for you and your family!

What worked well for you in making that change?




Ask WIC staff for ideas for changing the type of milk your family drinks.

**THANK YOU  
FOR PARTICIPATING  
IN THIS ACTIVITY!**



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