

# MAKING THE MOVE

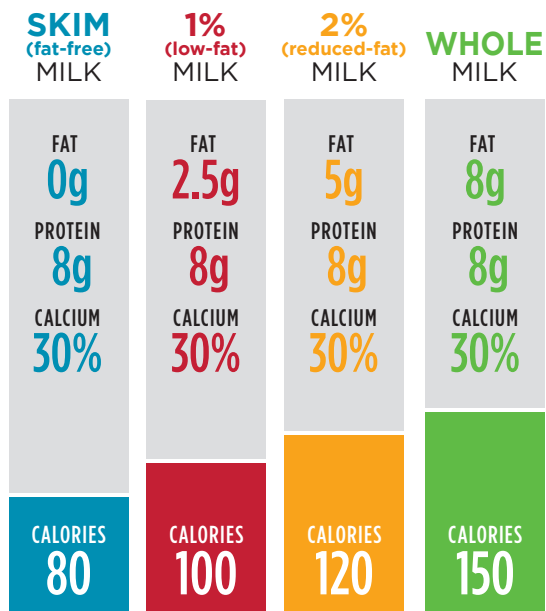
## TRANSITIONING YOUR CHILD FROM WHOLE MILK TO 1% OR SKIM.

### WHAT'S THE DIFFERENCE?

When shopping for milk, the options can be overwhelming. While the fat and calories vary, all milk contains the same

#### 13 essential nutrients:

Calcium	Vitamin A
Riboflavin	Niacin
Vitamin B12	Pantothenic Acid
Iodine	Potassium
Protein	Zinc
Vitamin D	Selenium
Phosphorus	



### DID YOU KNOW?

- Milk is a good source of **calcium, vitamin D, protein** and other **essential nutrients**.
- It is recommended that most toddlers drink whole milk until two years old.
- Talk with your doctor about any growth concerns or nutritional needs.

### MAKING THE TRANSITION

The difference in texture and flavor can make the transition from whole to 1% or skim milk seem like a big adjustment for little taste buds.

- Your child learns by watching you and others, be an example by drinking milk with your meals.
- Use a small cup, make it fun with a special milk cup.
- As with every transition, it may take time to adjust.
- Start with all whole milk and gradually replace it with skim or 1% (as shown below).



#### Lactose intolerant?

- Lactose-free milk is the same real, great tasting milk with the same nutrition, just without lactose.



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