


ABOUT MILK

Milk is often part of a healthy meal plan. There are many kinds of milk. What kind of milk is a good choice for you?

The main difference between one kind of milk and another is the amount of calories, fat, saturated fat, and cholesterol in the milk.

MILK NUTRITION FACTS					
SERVING SIZE: 1 CUP					
	WHOLE	2% REDUCED-FAT	1% OR LOW-FAT	FAT-FREE	
CALORIES	150	130	110	90	
FAT	8 g	5 g	2.5 g	.05 g	
SATURATED FAT	5 g*	3 g	1.5 g	0	
CHOLESTEROL	35 mg	20 mg	10 mg	5 mg or less	

** 5 grams is 25% of the total amount of saturated fat recommended for 1 day. That's a lot of fat. One gram or less of saturated fat in a serving food is recommended.*

The amount of “good things” in milk that help keep us healthy – the protein, carbohydrate, vitamins, and minerals – is about the same in all kinds of milk. Only the fat, cholesterol, and calories change and sometimes there are big differences. (If you count carbohydrate, the amount of carbs in all milk is about the same – 12 carb grams from sugar.)

So, what kind of milk is a good choice for you? The following may help you decide:



QUESTION: If you drink a small glass (about 8-ounces) of Fat-free milk a day, instead of whole milk, how many calories a day would you avoid eating?

ANSWER: 60. If you change nothing else in your meal plan, this is a savings of 22,000 calories, or almost 7 pounds in one year. Using Fat-free milk in cereal is another example of how many people eat fewer calories and less fat.

Read the food label on any milk product before you buy it. Flavored milk and even fat-free creamers are often very high in calories.

Which milk is right for you and your diabetes meal plan? The choice is yours.