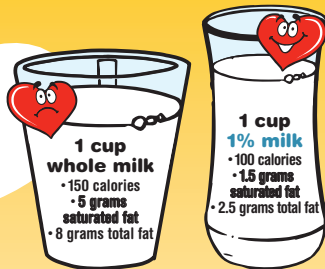


# Mooooove to 1% Milk

Your Heart and Your Waistline

Will Thank You



## 1% Milk Tastes Good

- In taste tests, 9 out of 10 people like 1% milk.
- Most people cannot tell the difference from whole milk.

## 1% Milk is Better for You

- 1% milk has all the nutrition of whole milk — *without* the extra fat and calories.
- After age 2, 1% or less is best.

