

Low-Fat (1%) Milk

CREATE
HEALTHY CHOICES



- Potassium in milk is important for heart health.
- Great source of vitamin D and calcium, which are both important for healthy bones and teeth.
- Great source of protein with 8 grams in every cup.
- Try adding milk to smoothies, soups, sauces, and hot cereals.

CREATE SNAP-ED
BETTER HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

Extension
UtahStateUniversity



Low-Fat (1%) Milk

CREATE
HEALTHY CHOICES



- Potassium in milk is important for heart health.
- Great source of vitamin D and calcium, which are both important for healthy bones and teeth.
- Great source of protein with 8 grams in every cup.
- Try adding milk to smoothies, soups, sauces, and hot cereals.

CREATE SNAP-ED
BETTER HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

Extension
UtahStateUniversity

