



**Department of Health**  
140 County Highway 33W  
Suite 3  
Cooperstown, NY 13326  
Phone: (607) 547-6483  
Fax: (607) 547-4385

## **NEWS RELEASE**

### **Low-Fat Milk and Fat-Free Milk**

There's one thing that's better than a nutritious, cold glass of delicious whole milk. That's a cold glass of delicious low-fat or fat-free milk with all of the good nutrition.

"Switching from whole to low-fat or fat-free milk is an easy step toward good health and weight control. Low-fat and fat-free milk have less fat, fewer calories and all the nutrition, including calcium, vitamins A and D, potassium and riboflavin, of whole milk," said the Otsego County Department of Health.

The only difference between whole, low-fat and fat-free milk is the amount of fat. Whole milk gets almost half its calories from fat. An eight-ounce glass of whole milk contains eight grams of fat, compared to five grams for two percent, three grams for one percent and no fat in fat-free milk.

The savings in calories is also impressive. An eight-ounce glass of fat-free milk has only 90 calories, compared to 150 calories for whole milk. Two percent milk has 120 calories and one percent has 105 calories.

Saturated fat is a major contributor to the risk of heart disease, the number one life-threatening disease in America. Fatty build-up in arteries can begin in childhood.

In New York State, 58 percent of adults were considered overweight or obese in a New York State Department of Health survey conducted in cooperation with the federal Centers for Disease Control and Prevention (CDC) in 2004. According to CDC surveys, the obesity rate among New York adults doubled between 1990 and 2002.

If you still believe that low-fat or fat-free milk tastes "different" it's time to try a personal taste test. According to the American Dairy Association, 9 out of 10 people who participated in blind taste tests liked the taste of low-fat milk. More than 80 percent of tasters liked the taste of fat-free milk and 95 percent liked the taste of either one percent or fat-free.

It's a healthy idea for parents to introduce their children who are two years old or older to low-fat or fat-free milk. If children grow up drinking low-fat or fat-free milk, that's what they'll be accustomed to. They will form a healthy eating habit to last a lifetime.

Children two years old and older should drink low-fat or fat-free milk. Children between one and two years old should drink whole milk because they need more fat in their diet.

Because low-fat and fat-free milk provides all the nutrition of whole milk, it is a healthy way for growing children to get the calcium they need. Since bones reach nearly full growth by age 18, it is important that children get enough calcium to help avoid osteoporosis, loss of bone density, in adulthood.

For more information about low-fat or fat-free milk, call the Otsego County Department of Health @ 607-547-4230.