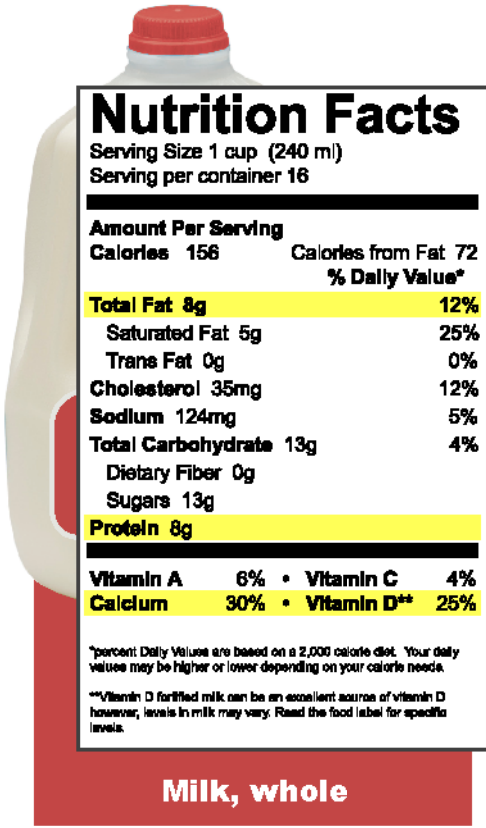


WHICH MILK IS HEALTHIEST?



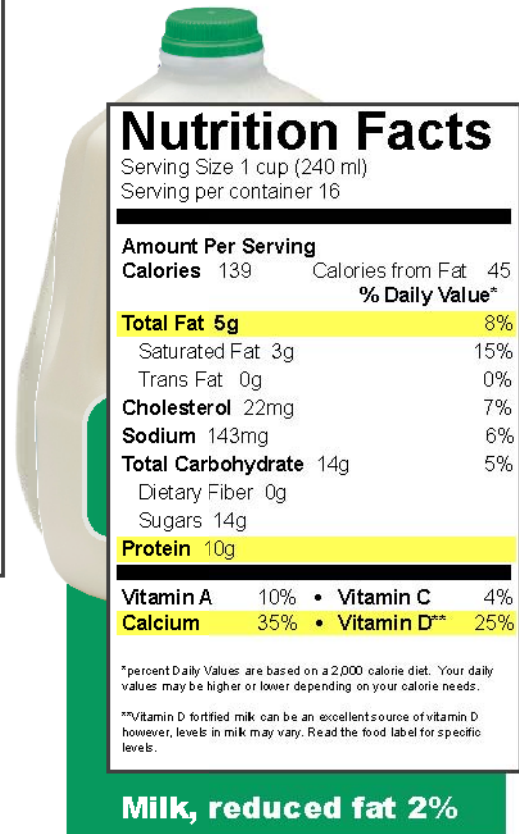
Nutrition Facts
Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		Calories from Fat 72	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 5g		25%	
Trans Fat 0g		0%	
Cholesterol 35mg		12%	
Sodium 124mg		5%	
Total Carbohydrate 13g		4%	
Dietary Fiber 0g			
Sugars 13g			
Protein 8g			
Vitamin A 6%	•	Vitamin C 4%	
Calcium 30%	•	Vitamin D** 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, whole



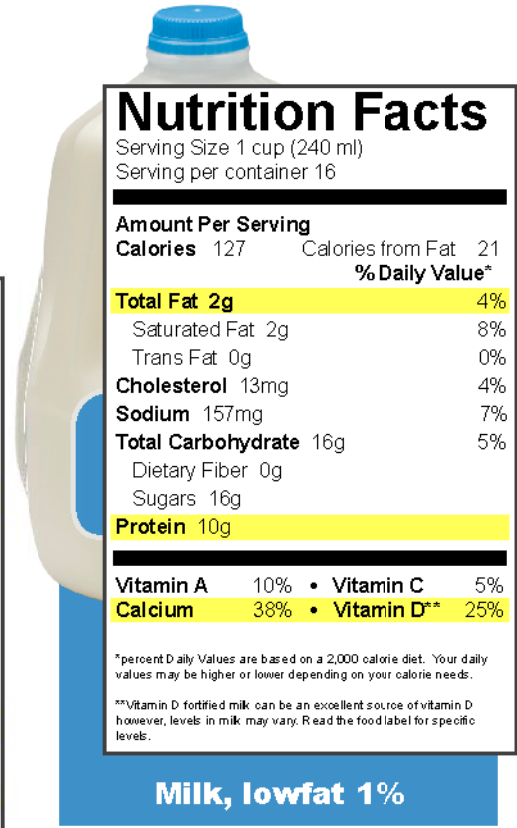
Nutrition Facts
Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 3g		15%	
Trans Fat 0g		0%	
Cholesterol 22mg		7%	
Sodium 143mg		6%	
Total Carbohydrate 14g		5%	
Dietary Fiber 0g			
Sugars 14g			
Protein 10g			
Vitamin A 10%	•	Vitamin C 4%	
Calcium 35%	•	Vitamin D** 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, reduced fat 2%



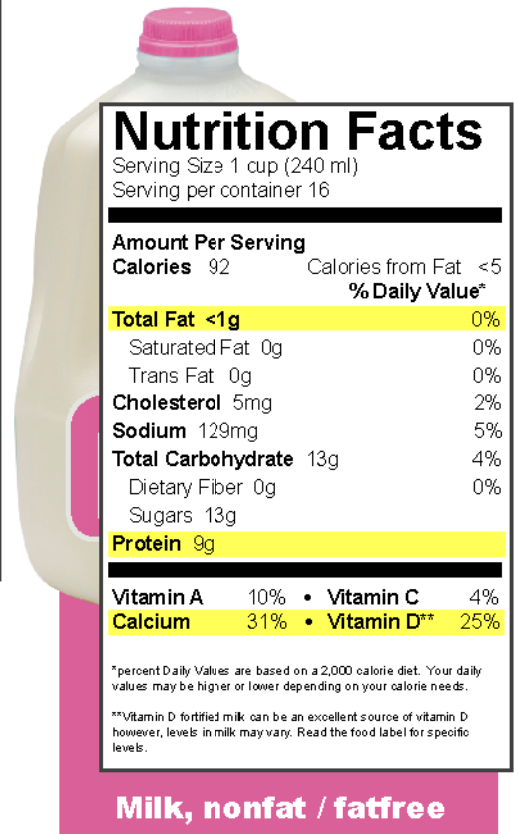
Nutrition Facts
Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		Calories from Fat 21	
		% Daily Value*	
Total Fat 2g		4%	
Saturated Fat 2g		8%	
Trans Fat 0g		0%	
Cholesterol 13mg		4%	
Sodium 157mg		7%	
Total Carbohydrate 16g		5%	
Dietary Fiber 0g			
Sugars 16g			
Protein 10g			
Vitamin A 10%	•	Vitamin C 5%	
Calcium 38%	•	Vitamin D** 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, lowfat 1%



Nutrition Facts
Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		Calories from Fat <5	
		% Daily Value*	
Total Fat <1g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 5mg		2%	
Sodium 129mg		5%	
Total Carbohydrate 13g		4%	
Dietary Fiber 0g		0%	
Sugars 13g			
Protein 9g			
Vitamin A 10%	•	Vitamin C 4%	
Calcium 31%	•	Vitamin D** 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, nonfat / fatfree

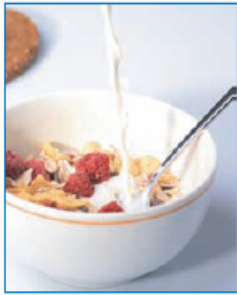
美味的低脂牛奶是您與家人健康的選擇。

低脂牛奶中富含鈣、蛋白質、維他命，以及礦物質等多種您與家人日常所需的營養素，並擁有較低的脂肪含量與卡路里！營養師也認為飲用低脂牛奶是聰明的選擇，請安心飲用！

低脂牛奶美味飲用妙方

健康美味從早餐開始

- 使用低脂牛奶代替開水沖泡五穀粥，例如燕麥片。
- 炒蛋時加入低脂牛奶攪拌後再炒。
- 土司抹上花生醬與喜愛的果醬，再搭配一杯低脂牛奶，享用一頓豐盛的早餐。



聰明點心

- 只要在現成的舒果昔加入一杯低脂牛奶、水果以及冰塊，即可做出美味可口的舒果奶昔。
- 可以在切塊的香蕉上，淋上一匙用低脂牛奶所做成的即時布丁。
- 可將低脂牛奶加熱後並加入少許香草與肉桂糖漿，作為晚間的輕鬆休閒飲料。



使餐餐更健康

- 使用低脂牛奶減少菜餚中的脂肪含量。
- 可在湯品或雜匯鍋中，加入低脂牛奶增添食物風味。
- 使用低脂牛奶製作焗烤馬鈴薯、馬鈴薯泥或奶油醬汁等菜餚。



舒果奶昔速成法

(食譜由 www.mealsmatter.org 所贊助提供)

- 2 杯切片草莓
- 1 根剝皮香蕉
- 1 杯剝皮、去籽並切片的芒果 (一大顆)
- 1 杯低脂牛奶
- 1 杯草莓口味去脂優酪乳
- 8 個冰塊

製作方法：將所有材料倒入果汁機均勻打碎後，倒入玻璃杯中。

您有乳糖不適症？

請試著改喝低脂或無脂的無乳糖牛奶！

低脂牛奶具有：

- ✓ 相同的鈣含量
- ✓ 相同的蛋白質含量
- ✓ 相同的礦物質與維他命含量
- ✓ 較低脂肪含量
- ✓ 較低卡路里
- ✓ 美味不減！

