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### **Lighten up Your Holiday and Switch to 1% or Fat-free Milk**

PENSACOLA –Dietitians at the Escambia County Health Department urge families to lighten up their holiday and switch to 1% or fat-free milk today. According to the Centers for Disease Control and Prevention, whole milk is a leading source of saturated fat in the diet of American adults and children older than 2 years.

One cup of whole milk contains 5 grams of saturated fat, the same amount of saturated fat as in five slices of bacon or one glazed doughnut. “Consuming too much saturated fat is a major risk factor for heart disease, obesity and some types of cancer,” said Versilla Turner, director of the Nutrition Division at the Escambia County Health Department.

“Whole milk simply has more fat and calories,” Turner said. When comparing total fat in one cup of each type of milk, whole milk has 8 grams, 2% milk has 5 grams, 1% milk has 2.5 grams, and fat-free milk has zero grams. In addition, one cup of whole milk contains 150 calories, whereas 1% milk has 105 calories and fat-free milk has 90 calories.

All milk is loaded with the same amount of protein, calcium, vitamin D and other essential nutrients. Enjoy the same great nutrition with less fat! Switch to 1% or fat-free milk. For more information on milk nutrition, visit [escambiahealth.com](http://escambiahealth.com).

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