

Milk Radio Script

Scene: Grocery Store

Little boy: Ugh, Mom, are we done yet?

Mom: Almost honey, we just need milk for our holiday meal.

Little boy: Here it is! I'll get it.

Mom: Hold on, we need to make a healthy choice.

Little boy: Isn't all milk the same?

Mom: No, look at how much fat is in one cup of each kind:

Whole milk 8 grams

2% milk 5 grams

1% milk 2.5 grams

but fat-free milk has zero grams of fat!

Little boy: Ohhh, I get it! We should choose the fat-free milk!

Mom: Good choice.

Announcer:

- Whole milk adds unnecessary fat into your diet. One cup of whole milk has as much saturated fat as a fast food hamburger!
- By switching to 1% or fat-free milk you reduce your fat intake, but consume the same amount of protein, calcium and vitamin D; which is better for your overall health.

Lighten up your holiday and switch to 1% or fat-free milk today.

For more information, visit EscambiaHealth.com.

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