
Module – Choose 1% or Less

Time:

15-30 minutes

WIC Status:

Child (**1% or less is recommended for children age 2 or older**)
Any Woman Status



Learning Objectives:

Participants will:

1. Identify the health benefits of using 1% and fat-free dairy foods.
2. Be able to identify 2 foods from the WIC food list that are 1% or fat-free dairy foods.

Handouts and Materials:

- Handout:
 - Choose 1% or Less pamphlet (English & Spanish)
- Poster:
 - Cut the fat! Choose 1% or Less (Optional)
- Bookmark:
 - Choose 1% or Less (Optional)
- Visual Aid:
 - Milk Fat Comparison Display (Optional)

Facilitating WIC Discussion Group Concepts:

- Providing participants with a more meaningful nutrition education experience that involves interactive learning.
- As the certifying health professional, be the facilitator and moderate a group conversation style discussion.
- Encourage all participants to participate but recognize that some participants may prefer not to speak in a group setting. If the participant cannot answer, chooses not to answer, or has a negative response, you may respond with a statement such as “Trying something new is not always easy.”
- It is important to establish “ground rules” for the group. For example:
 - Set the time, agenda, and the length of session.
 - Establish rules on confidentiality and sharing of group responsibilities.
 - Clarify procedural issues, especially listening to, respecting ideas or comments and allowing time and opportunity for others in the group to share.

Outline – Choose 1% or Less

Icebreaker:

Have each participant introduce themselves and state the name and age of their children.
(Optional)

Facilitated Discussion Topic Opening Questions:

Ask one of the following questions to facilitate discussion:

- *What is your favorite dairy food?*
- *What dairy foods do you offer for your child's snacks or meals?*

Discussion Topics:

(May refer to poster, bookmark and Milk Fat Comparison Display)

Benefits Gained From Choosing 1% or Fat-Free Milk:

- **Children should receive whole milk until 2 years of age unless reduced fat milks (2% or less) are prescribed by the physician.**
 - The American Academy of Pediatrics (AAP) recommends approximately 30% of calories from the diet of toddlers come from fat. Due to the rapid growth and development requiring increased calories for children under 2 years of age, the AAP generally does not recommend the use of low fat (1%) and nonfat milk for this age group.

- **Fewer calories for a healthier weight.**

Type of Milk	Fat-Free/Skim	Low-Fat 1%	Reduced-Fat 2%	Whole 3.5%
Calories per cup	86	102	120	150

- By drinking 1% milk with 102 calories/cup instead of whole milk with 150 calories/cup, you can save almost 50 calories per cup

- **Less saturated fat for a healthier heart:**

- 2% or reduced fat milk is not low-fat, it has 5 grams of fat per cup
- 1% milk has 75% less saturated fat than whole milk
- Fat-free milk has no saturated fat

- **More calcium for strong bones, teeth and healthy blood pressure:**

Type of Milk	Fat-Free/Skim	Low-Fat 1%	Reduced-Fat 2%	Whole 3.5%
Calcium per cup	302 mg	300 mg	297 mg	291 mg

(1% or fat-free dairy foods allow the body to absorb calcium better)

- 1% or less milk is a good source of Vitamins A & D.
 - All milk is required to have the same amount of Vitamins A and D added
- **1% and fat-free dairy helps prevent obesity, cardiovascular disease and some cancers.**
- **1% or less dairy is recommended for adults and children over 2 years old.**

Suggestions for Using 1% or Less Dairy:

- Choose these for a healthy snack:
 - Low-fat (1%) or fat-free string cheese
 - Low-fat (1%) or fat-free milk
 - Puddings made with 1% or fat-free milk
 - Low-fat (1%) or fat-free yogurt
 - Smoothies made with Low-fat (1%) or fat-free milk
- Include variety, moderation and balance when selecting 1% or fat-free dairy snacks:
 - Variety ensures that you get the nutrients you need
 - Moderation prevents weight gain and ensures our calories are appropriate.
 - Balance ensures that you eat foods that provide the nutrients and calories your body needs.

Switching to 1% or Fat-Free Milk:

- Since new tastes takes time, make the switch gradually to 1% or fat-free milk
- For the first few weeks, mix 1% or fat-free milk with your usual milk

Summary:

Choosing 1% or fat-free dairy products can assure that you are getting the right nutrients and less saturated fat in your diet. Switching to 1% or less milk may take a little time, but after a couple of weeks; you will find that you like it! Over 5,000 Kentucky residents of all ages have tried it and over 80% chose 1% milk as their favorite milk in Blind Taste tests.

Closing Activity/Questions:

Ask one of the following questions to conclude today's discussion.

- *What did you find most interesting about today's topic?*
- *Is there something new you may try?*

References:

- Pediatric Nutrition Handbook 6th Edition, American Academy of Pediatrics, 2009.

Resources:

- Choose 1% or Less Handout (PAM-ACH-055) may be ordered from the pamphlet library or accessed at the Kentucky Cabinet of Health and Family Services nutrition materials website <http://chfs.ky.gov/dph/mch/ns/Nutrition+Education+Materials.htm>
- Choose 1% or Less bookmark and poster may be accessed at the Kentucky Cabinet of Health and Family Services nutrition materials website <http://chfs.ky.gov/dph/mch/ns/Nutrition+Education+Materials.htm>
- Milk Fat Comparison Display may be accessed at <http://www.healthedco.com/index.php/milk-fat-comparison-display.html>