1% Milk

1% milk is a good source of protein, calcium, potassium, vitamin D, vitamin A and B vitamins. And, it has less fat than 2% or whole milk.

Buying 1% milk...
- Check the “sell-by” date. Look for milk jugs with the latest “sell-by” date.
- Choose milk from the coldest part of the refrigerator case – usually at the bottom.

Storing 1% milk...
- Store milk in the main part of the refrigerator, not on the door. Milk should always be kept cold.
- Promptly return milk to the refrigerator after using.
- Always close the milk jug.
- Milk can be stored in the refrigerator for about 1 week after it has been opened. If the milk is close to the “sell-by” date, let your nose be the guide. If the milk does not smell right, do not drink it.

Enjoying 1% milk...
- Most healthy families and children over 2 years of age can slowly move to 1% milk.
- WIC has already made the switch to 2% milk. Once your family is used to the flavor, make the move to 1% milk.
- For young children, switch them to 1% milk as soon as they turn 2.

Drink less juice and sweetened beverages.
Lower the fat.
Brown Rice Pudding

This recipe uses two WIC foods: 1% milk and brown rice.

Ingredients...

• 1½ cups cooked brown rice
• 2 cups 1% milk
• ¼ teaspoon salt
• ¼ cup sugar
• ¼ cup raisins
• ½ teaspoon vanilla

Directions...

1. Preheat oven to 300° F.
2. Combine all the ingredients in a 1-quart casserole and stir.
3. Bake for 45 minutes. Stir once about 15 minutes after placing in the oven.

Nutrition information...

Calories 150, Fat 1.5g, Carbohydrate 32g, Protein 4g, Fiber 1g, Sodium 140mg, Cholesterol 5mg.

Family Goals

☐ My family and I will try 1% milk on cereal.
☐ My family and I will try 1% milk for lunch.
☐ My family and I will try 1% milk in place of water in soups.
☐ My family and I will try 1% milk in macaroni and cheese.
☐ Other __________________________

Makes 6 servings

North Carolina Department of Health and Human Services
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