



**WIC...**

## **Healthy Habits, Healthy Families**

# **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...**

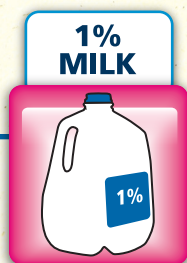
- Store milk in the main part of the refrigerator, not on the door. Milk should always be kept cold.
- Promptly return milk to the refrigerator after using.
- Always close the milk jug.
- Milk can be stored in the refrigerator for about 1 week after it has been opened. If the milk is close to the “sell-by” 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.

Makes  
6  
servings

## 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 \_\_\_\_\_



North Carolina Department of Health and Human Services  
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