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Whole Milk Vs. Skim Milk

<http://www.dietstop10.com/milk-facts-whole-skim/>

Which milk really is better for you? Whole or skim?

It's skim! Some people still think that yes, whole milk is more fattening, but it has more calcium and nutrients than skim milk. That is wrong!

There is no reason to drink whole milk. It is higher in calories and fat, and actually has slightly less calcium than skim milk.

Nutrition facts per 1 cup (8 ounces) serving:

Whole Milk

- 150 calories
- 8g fat
- 290 mg calcium

Skim Milk

- 90 calories
- 0.5g fat
- 316 mg calcium

1. Both whole milk and skim milk are also excellent sources of protein, phosphorous and potassium.
2. Switching out whole milk for skim milk will save you a lot of calories and fat, which will help you lose weight.
3. And, for those of you out there that think you have to use whole milk to cook or bake with-think again. You can use skim milk for everything you need to make.
4. Start making the switch. If you are currently using whole milk, do not jump right to skim milk.
 - (a) Switch right now to 2% milk for about a week.
 - (b) Then, switch down to 1% for about a week.
 - (c) Then, finally down to skim milk.

It's just like anything else, it will take a little bit to get used to, but if you stick with it, you **WILL** get used to it!