

**“How Low Should You Go?” Choose 1% or Skim Milk
Radio Spot – 30 Seconds**

Scene: Two women are in the milk section of a grocery store, one has a gallon of 2% milk in her hand and she is reading the nutrition facts. Her friend gives her the “How low should you go?” facts.

Reader 1: 2% milk has 5 grams of fat, while 1% milk has only half the fat. 1% is definitely healthier.

Reader 2: Healthier? I thought 2% was healthy enough.

Reader 1: The nutritionist told me that 1% or skim milk is actually better for us.

Reader 3: 2% milk is not low in fat. How low should you go? Choose 1% or skim. It tastes great; has the same calcium, protein, and vitamin D as whole and 2% milk---with out all the fat!

Escambia County Health Department.
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