



### HOW DO I LEARN MORE?

Each month between now and October 2009, WIC will keep you up-to-date with all the changes through this monthly newsletter.

If you would like to post a question about these changes, please visit our website at [www.healthysarkansas.com/wic](http://www.healthysarkansas.com/wic) or call 1-800-235-0002.



## Delicious Dairy

The new food packages are bringing many changes to the foods received by children and women. Two foods that will stay on the food package are milk and cheese; however, there will be some changes to the amount and type each food package offers.

### HOW MUCH WILL I BE GETTING?

The amount of milk children and women will receive has been reduced. Depending upon your participant type, you may receive up to 1 gallon less than with your current food package. In addition, the amount of cheese has been reduced by 1 pound for each food package.

With reductions in these foods, participants can still meet their daily suggested servings for dairy, but WIC will be able to offer other foods such as whole grains, fruits and vegetables for a more balanced diet.

### WHAT TYPE OF MILK CAN I GET?

All participants 2 years of age and older will receive reduced fat (2%), low-fat (1%) or skim (fat free) milk. All children between the ages of 1 and 2 will receive whole milk.

Lactose free milk (Lactaid, DairyEase) will still be available as well as acidophilus, Nutrish A/B, evaporated milk, skim evaporated milk, and non-fat dry milk. In addition, for the first time, WIC will also be offering a soy-based beverage for those with a qualifying medical condition.

### WHY LOWFAT DAIRY?

Choosing milk or milk products that are high in saturated fats and cholesterol can be bad for your health. Foods high in saturated fats can increase your bad cholesterol (LDL), and high LDLs increase your risk for coronary artery disease. Many cheeses, whole milk, and products made from them are high in saturated fat, so to keep cholesterol levels healthy, limit you the amount you eat. A high intake of fat also makes it easy to eat more calories than is needed, which can lead to weight problems.

### GOOD NEWS

People that have a diet rich in milk and milk products can build and maintain bone mass reducing their risk of brittle bones and bone loss. So, by choosing lower fat options, you can keep the bone and lose the fat.