

Thumbs Up! Poster

Myths and Facts About Milk

Myth: Children need to drink full fat milk

Fact: Full fat milk is only required by children under 2

Myth: Children need to be over 10 to switch to reduced fat milk

Fact: Reduced fat varieties of milk are ideal for the whole family once the kids are over 2

Myth: Only little kids need milk

Fact: Everyone needs milk, it's important throughout our lives

Myth: Most children drink enough milk every day

Fact: 66% of 4-11 year olds don't drink milk daily

Myth: All milk drinks are good for you

Fact: Only milk with a red tick is really good for you

Myth: Sports drinks are better for you than flavoured milk

Fact: Plain milk is still the best choice but flavoured, reduced fat milk is a better nutritional choice than sports drinks, soft drinks and 'energy' drinks



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