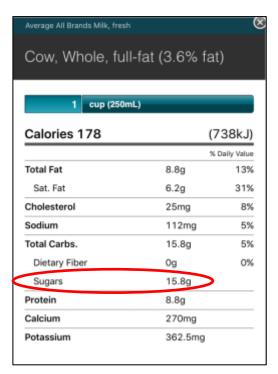


## The Milk Myth

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Often as dietitians we get asked about whether low fat milk is a better option for both children and adults to consume. The next question that often follows is "but doesn't low fat milk have a ton of extra sugar added to it?" This is a common misconception that is often shared from one person to the next in the belief that it is true. However if we take a look at the labels of these products they tell a different story.



Cow, low-fat (1% fat) 1 cup (250mL) Calories 128 (538kJ) % Daily Value 2.5g Total Fat 4% Sat. Fat 10% 2g Cholesterol 12ma 4% Sodium 100mg Total Carbs. 15g 5% Dietary Fiber 0% Oα Sugars 15a Protein 10g Calcium 275mg Potassium 387.5mg

Full Cream Milk Label\*

Low Fat Milk Label\*

As you can clearly see the sugar content of the low fat milk and the full cream milk are basically identical. Where people often get confused is that the percentage of sugar in the milks is different due to the difference in fat content. When looking at percentages we do see the following difference:

- Full Cream Milk 34% of energy comes from sugars
- Low Fat Milk 46% of energy comes from sugars

This difference however is not because there are more grams of sugar in the product – you can see the actual amount of sugar (grams) is about the same. The difference in the percentage occurs because there are fewer kilojoules in the low fat milk, because there is less fat. We see the proportion of sugars relative to the total kilojoules in the milk becomes higher but the actual amount of sugar is the same.

**Conclusion:** Low fat milk has the same sugar content as full cream milk; it is only sugar as a **percentage** of the total kilojoule content that changes.

