

Choosing Milk and Non-Dairy Alternatives



Shopping for cow's milk?

1%

Choose a lower fat milk such as **skim** or **1%**



Choose white milk. White milk contains **natural sugar**



Limit chocolate milk which contains **added sugar**



Shopping for non-dairy alternatives?



Be aware that non-dairy alternatives, except for soy beverage, include **less protein than cow's milk**



Look for the claim "**unsweetened**" on the package to limit added sugar

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.